

General Instructions

Please try to avoid:

- o Deep frying
- o Using excessive oil while cooking
- o Using cream in dishes
- o High fat gravy, white and cheese sauce
- o Heavy use of high fat cheese
- o Addition of oil, margarine, cream or butter to vegetables and vegetable dishes
- o Significant amount of coconut cream o Fried rice

Foods to Avoid:

Please avoid the following foods as they are not suited to a Cricketer's diet. If you have any questions do not hesitate to contact us for advice.

- o Sour Cream (use Lite)
- o Cream Cheese (it is OK to use 5% lite only)
- o Excessive amounts of high fat Cheeses (mainly use Edam, Parmesan, Mozzarella, Gouda or Low Fat Slices)
- o Cream
- o Sausages, Saveloys, Salami, Processed Meats, Luncheons, Pork Ribs
- o High fat cooking methods – deep frying o Rich / Creamy Sauces
- o Croissants / Pastries
- o Savouries
- o High fat Muffins / Cakes / Baking / Crackers
- o High fat Creamy Soups
- o Mayonnaise (use low fat option)
- o French Dressings (use low fat options)
- o Creamy / Buttery / High fat Desserts
- o No deep-fried food.