

Guidance:

How to eat to reduce the side effects of Orlistat/Xenical

Orlistat/Xenical blocks the absorption of some of the fat from a meal, which is then removed from your body in your stool. The more fat you eat in a meal, the greater the risk of having diarrhoea.

Recommendations

- Eat a lower fat diet
- Balance meals to ensure that the fat content is no greater than 30% of the meal or less than 15g of fat per meal when taking Orlistat or Xenical. That is 1 tbsp of Olive oil / or 1 tbsp of butter
- Avoid eating high fat foods
- Avoid adding butter, oils and cream based dressing to your meals
- Avoid snacking but if you really are hungry snack on fruit

Here are some simple food swaps to get you started...

Dairy	Swap to low fat options- Eat sparingly
Chicken, Turkey	Choose breast meat
Red meat	Eat a maximum of once a week
Beef	Beef mince – opt for 5% –10% fat content beef mince. Consider swapping to turkey mince. If roasting choose tenderloin / trim excess fat and slow roast
Lamb	Best options are tenderloin or lamb chops
Pork	Choose tenderloin
Sausages	Swap to Turkey Sausages or low fat options
Beans and Pulses, (kidney beans, black eyed bean, chickpeas, lentils)	Eat freely
Fruit	a great low fat option

Vegetables	Fill half your plate at every meal with a variety of vegetables
Nuts and seeds	Tend to be higher in fat – eat in moderation
Breads, Pasta, Rice, Couscous	Eat in moderation. Although low fat these are high in carbohydrates so may hinder weight loss



Meal Suggestions for when taking Orlistat

Breakfast Ideas

Unsweetened coconut yoghurt/low fat natural yoghurt and peaches

Overnight oats with cherries and almond milk

Tomatoes and mushrooms on toast

Lunch Ideas

Carrot/ hummus and coriander wrap

Lentil salsa with toast

Greek chickpea salad

Turkey salad wrap or open sandwich

Dinner Ideas

Cajun spiced salmon with balsamic roasted vegetables

Meatballs made with extra lean ground beef or turkey mince, tomato and vegetable sauce served with courgetti or wholemeal pasta

Cod with steamed new potatoes, kale and roasted tomatoes

Lemon spiced chicken with rice, served with broccoli and carrots

For any further advice please do get in touch.

High fat foods list

Most people know that eating food high in fat may lead to weight gain. When taking Orlistat, it's more important to reduce the amount of fat that you eat.

This will help weight loss and reduce the unpleasant side effects of Orlistat.

Check out the high fat food list below – reduce or avoid these when taking Orlistat.

Avocados
Biscuits
Butter cream
Cakes
Cheese
Chips
Chocolate
Cream
Cream crackers
Foods coated in batter
Lard
Lamb

Pork
Beef
Margarine
Nuts
Pastries
Pies
Butter
Salmon and other oily fish
Sausages
Seeds
Vegetable and Olive oil

