

## Department of Nutrition and Dietetics

# Dietary advice for patients taking orlistat

Being overweight is associated with certain health problems, such as heart disease, osteoarthritis and some cancers. The best way to lose weight is to eat a healthy diet and to keep active.

Orlistat (Xenical) is a drug that can help with weight loss. Research has shown that taking this medication along with eating a healthy diet and keeping active can help with losing weight.

### How does orlistat work?

Orlistat works by reducing the absorption of fat from your food, this means that a third of the fat from your food will pass through your body in your stools.

### Side-effects

It is recommended that you choose low fat foods more often, as eating foods higher in fat causes side effects which can be unpleasant.

Some side effects include wind, diarrhoea, smelly stools, being unable to control the movement of your bowels and an urgency to pass stools.

These side effects may improve with time, and should reduce if you choose foods that contain less fat.

### Important notes

To know whether the medication is working for you, we would need to see some weight loss (usually about 5% of your body weight) within 3 months of being on orlistat.



## Patient Information

If at 3 months after starting orlistat you have not lost at least 5% of your body weight, your prescription of orlistat may be stopped. This is because this treatment isn't working effectively for you.

Some people who take orlistat regain the weight they have lost when they stop taking it. You should make permanent, life-long changes towards a healthier lifestyle whilst taking orlistat to minimise weight regain when you stop taking the medication.

### Dose:

<b>Lower fat foods to choose more often</b>	<b>High fat foods to choose less often (may cause side effects)</b>
<b>Meat/Alternatives</b> <ul style="list-style-type: none"><li>• Lean meat, soya, tofu, Quorn</li></ul>	<b>Meat</b> <ul style="list-style-type: none"><li>• All visible fat on meat.</li><li>• Skin on meat, crackling</li><li>• Fatty meat e.g. sausages, black pudding, luncheon meat, belly pork, faggots, pork pie, salami, duck, goose, pate, sausage rolls, pasties.</li><li>• Fried meat</li></ul>
<b>Fish</b> <ul style="list-style-type: none"><li>• Grilled or baked white fish such as cod, plaice.</li></ul>	<b>Fish</b> <ul style="list-style-type: none"><li>• Oily fish canned in oil e.g. kippers, pilchards, sardines, tuna.</li><li>• Fried fish. (Fish in batter or breadcrumbs).</li></ul>
<b>Eggs</b> <ul style="list-style-type: none"><li>• Egg white</li><li>• 1 boiled or poached egg or scrambled with no fat</li></ul>	<b>Eggs</b> <ul style="list-style-type: none"><li>• Fried eggs.</li><li>• Scotch eggs (Some people can be sensitive to eggs)</li></ul>

## Patient Information

<b>Lower fat foods to choose more often</b>	<b>High fat foods to choose less often (may cause side effects)</b>
<p><b>Dairy Produce</b></p> <ul style="list-style-type: none"> <li>• Skimmed milk.</li> <li>• Semi-skimmed milk</li> <li>• Low fat soya ,coconut, rice or oat milk</li> <li>• Fromage Frais, 'diet', 'light' and low fat yoghurts.</li> <li>• Skimmed milk powder, Coffee Mate Light</li> </ul>	<p><b>Dairy Produce</b></p> <ul style="list-style-type: none"> <li>• Whole milk.</li> <li>• Cream, cream alternatives, evaporated milk, ice cream.</li> <li>• Coffee Mate, Coffee Compliment, Instant dried milk powders with non-milk fat</li> <li>• Thick and creamy yoghurt, Greek yogurt unless low fat, Crème Fraiche unless low fat.</li> </ul>
<p><b>Cheese</b></p> <ul style="list-style-type: none"> <li>• Cottage cheese</li> <li>• Low fat cheese spreads such as Laughing Cow Extra Light</li> </ul>	<p><b>Cheese</b></p> <ul style="list-style-type: none"> <li>• Full fat cheese, cream cheese</li> </ul>
<p><b>Fats</b></p> <ul style="list-style-type: none"> <li>• Low fat spread in small amounts</li> <li>• Spray oil (1kcal or similar)</li> </ul>	<p><b>Fats</b></p> <ul style="list-style-type: none"> <li>• Lard, suet, dripping, vegetable oils, butter or margarine.</li> <li>• All fried foods.</li> </ul>
<p><b>Fruit and vegetables</b></p> <ul style="list-style-type: none"> <li>• Fruit - fresh, stewed, tinned or dried</li> <li>• Vegetables - fresh, frozen, tinned or dried</li> <li>• Beans, lentils and pulses</li> <li>• Boiled, mashed or jacket potatoes (without margarine or butter)</li> <li>• Small portion of reduced fat oven chips</li> </ul>	<p><b>Fruit and vegetables</b></p> <ul style="list-style-type: none"> <li>• Avocado, olives and nuts</li> <li>• Chips, roast potatoes and crisps (including reduced fat crisps)</li> <li>• Potato waffles</li> <li>• Fried vegetables</li> </ul>

## Patient Information

It is recommended that you take 1 tablet (120mg) three times per day. The tablet should be taken immediately before, during or up to 1 hour after a meal. If you miss a meal, you should not take the orlistat tablet.

<b>Lower fat foods to choose more often</b>	<b>High fat foods to choose less often (may cause side effects)</b>
<p><b>Beverages</b></p> <ul style="list-style-type: none"> <li>• Water, tea, coffee, fruit juices, squashes, fizzy drinks</li> <li>• Low fat malted drinks and hot chocolate only if made with skimmed or semi-skimmed milk or water</li> </ul>	<p><b>Beverages</b></p> <ul style="list-style-type: none"> <li>• Full fat milk drinks such as cocoa, chocolate or malted drinks, including instant malted milk drinks and hot chocolate</li> </ul>
<p><b>Cereals &amp; biscuits</b></p> <ul style="list-style-type: none"> <li>• Bread, Crispbreads</li> <li>• Rice, pasta, breakfast cereals, flour, and chapattis (made without butter/oil)</li> </ul>	<p><b>Cereals &amp; biscuits</b></p> <ul style="list-style-type: none"> <li>• Pastry, shortbread, cakes, sponge puddings, biscuits, cereal bars with nuts or chocolate.</li> <li>• Batters, Yorkshire puddings, dumplings, fried bread, fried rice.</li> <li>• Chapattis fried in butter/oil, naan bread, samosas, pakoras.</li> </ul>
<p><b>Miscellaneous</b></p> <ul style="list-style-type: none"> <li>• Vinegar, herbs, spices, salt, pepper, ketchup, pickles, fat free salad dressings</li> </ul>	<p><b>Miscellaneous</b></p> <ul style="list-style-type: none"> <li>• Mayonnaise, salad cream, salad dressings</li> <li>• Cream soups, sauces and gravies made with butter or margarine</li> <li>• Toffee, fudge, chocolate, lemon curd, peanut butter, mincemeat, marzipan</li> <li>• Indian sweets made with condensed milk.</li> <li>• Take away meals</li> </ul>

## Patient Information

### Food labels

Food labels are important as they will show you the fat content of foods. When reading food labels, it is useful to look at the 'total fat' and the 'per 100g' column and pick foods that have **less than 5g per 100g**.

Try not to assume that something is low in fat if it has the label 'diet'.

Nutrition		
Typical values	100g contains	Each portion 44g contains
Energy	985KJ 235Kcal	435KJ 105kcal
Fat	1.5g	0.7g
Of which saturates	0.3g	0.1g
Carbohydrate	45.5g	20g
Of which sugars	3.8g	1.7g
Fibre	2.8g	1.2g
Protein	7.7g	3.4g
Salt	1.0g	0.4g

### Further Information

This leaflet was produced by Coventry Dietitians, University Hospitals Coventry & Warwickshire NHS Trust. For more information or if you would like to contact the team, please call them on 024 7696 6161

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6161 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

## Patient Information

To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

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