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Good oil on low fat chip

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THEY'RE one of Australia's favourite foods and now the hot chip could be one of our healthiest, with the invention of a "skinny chip".

The ultra low-fat chip is prepared using an appliance developed by a kitchenware brand, which has a special mixing arm and heat distribution system that allows enough chips for a family of four to be cooked using just one spoon of oil.

The result is a chip with 3.2 grams of fat per 150-gram serve, just 8 per cent that of a regular deep-fried hot chip.

An independent review of hot chips across various fast food chains and supermarkets by Nutrition Australia found most supermarket frozen chips, when deep-fried at home, were healthier even than fast-food choices.

The typical supermarket brand had almost 40 grams of fat per 150-gram serve, more than double that of KFC and Nando's.

The worst of the fast-food offenders was McDonald's, whose french fries had a total fat content of 29 grams, followed by Hungry Jack's (21 grams), KFC (16 grams) and Nando's (14 grams).

Supermarket frozen chips that are oven-baked at home were — at 15 grams — only marginally lower in fat than KFC and had more fat than a Nando's chip, although they did have less saturated fat than the fast-food varieties. The thicker the cut of chip, the healthier they are for you as they absorb less oil.

Nutrition Australia executive officer and accredited nutritionist Lucinda Dobson said consumers who deep-fried their own chips from the supermarket were doubling up on fat levels.

"When the chips are prepared, they're prepared with oil and then people are cooking them in oil again," she said.

She said people wanting more nutritional value from home-cooked chips should keep the skin on the potato for more fibre.

The Heart Foundation recommends cooking chips in oils lower in saturated fat, such as sunflower or canola oil.

Cookware giant Tefal developed the "skinny chip" to help combat heart disease and obesity.

WANT FRIES WITH FAT?

Supermarket frozen chips, deep fried	39.6g
McDonald's	28.5g
Hungry Jack's	20.7g
KFC	15.5g
Supermarket frozen chips, baked	15.2g
Nando's	13.9g

**Grams of total fat per 150g serve*

