



COMMUNITY HOSPITALS AND WELLNESS CENTERS

433 W. High St. Bryan, OH 43506-1679 Ph (419)636-1131 Fax (419)636-3100
121 Westfield Drive Archbold, OH 43502-1061 Ph (419)445-4415 Fax (419)445-4418
909 E. Snyder Ave. Montpelier, OH 43543-1271 Ph (419)485-3154 Fax (419)485-3833

LOW FAT DIET

Indication

The low fat diet may be prescribed to help lower cholesterol. This diet may also be used in the management of gallbladder disease, chronic pancreatitis and malabsorption syndromes where fat is not tolerated, such as cystic fibrosis, radiation enteritis, short bowel syndrome, and tropical sprue.

Description

The low fat diet limits all types of dietary fat to 50 grams per day. Foods high in fat are omitted and gas-forming foods may be omitted if not well tolerated.

Nutritional Adequacy

This diet is adequate in specified nutrients from the Recommended Dietary Allowances. It provides approximately 1700 - 1800 calories, 96 gm protein, 262 gm carbohydrate, 50 gm fat. Prolonged diarrhea or steatorrhea may lead to some nutrient deficiencies of calcium, folic acid, fat-soluble vitamins, iron, magnesium, Vitamin B-12, and B-complex vitamins.

<u>FOOD GROUP</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
BEVERAGE	Carbonated beverages, cereal beverages (postum), coffee, tea, decaffeinated coffee, cocoa made with cocoa powder and non-fat milk, fruit flavored drinks; alcohol as allowed by physician.	Chocolate-flavored beverages
BREADS/ CEREALS	Enriched or whole grain breads (non-fat), yeast type rolls made without extra fat, saltines, soda crackers, melba toast, matzo, cold cereals, whole grain cereal except granola-type, unbuttered popcorn, english muffins, bread sticks, cooked cereals, reduced fat crackers & cookies, low fat pretzels	Quick breads such as biscuits, muffins, popovers, coffee cake, cornbread, pancakes, waffles, fritters; yeast bread containing excess fat such as dinner rolls, sweet rolls, doughnuts; snack crackers other than those listed as allowed; chow mein noodles, egg or cheese bread, popcorn made with fat, granola cereal

DAIRY	Nonfat (skim) milk, buttermilk made with nonfat milk, powdered skim milk, evaporated skim milk, yogurt made from skim milk, frozen yogurt (subtract 1 serving of fat).	Whole milk, buttermilk made with whole milk, chocolate milk 2% and low fat milk, cream, evaporated milk, yogurt made from whole milk, sour cream ice cream and all beverages made with whole or low-fat milk, cream and egg.
DESSERTS	Angel food cake, sherbet (made with nonfat milk), Weight Watchers frozen dairy dessert, gelatin dessert with allowed food, fruit whip, popsicle, meringues, pudding (not choc) and other desserts made with nonfat milk and foods allowed; fruit; Vanilla wafers, Junket; Ladyfingers, graham crackers, arrowroot cookies; fruit ice.	Desserts made with chocolate, whole or low fat milk, cream, coconut, nuts; any desserts containing egg yolk or fats in excess of allowed amounts; all other cakes, pies, cookies, pastries; non-dairy whipped topping; non-dairy frozen dessert, ice cream, ice milk.
FAT (Limited to three servings/day)	<p>One serving of fat is one of the following:</p> <ul style="list-style-type: none"> Avocado (2T or 1/8 medium) 1 tsp. margarine, mayonnaise, oil, shortening 2 Tbsp. sour cream 1 Tbsp. Cream cheese 2 Tbsp. Light cream 1 Tbsp. Heavy cream 2 Tbsp. liquid non-dairy creamer 1 Tbsp. powdered non-dairy creamer 1 strip crisp bacon 1 Tbsp. regular salad dressing 2 Tbsp. low calorie salad dressing 1 tsp. regular mayonnaise type dressing 2 Tbsp. low calorie mayonnaise type dressing 6 whole dry roasted almonds 1 Tbsp. dry roasted cashews 2 whole pecans, almonds 20 small or 10 large peanuts 18 whole pistachio 2 tsp. peanut butter 2 tsp. whipped butter 1 tsp. butter 5 large olives 1 piece cornbread 1 small biscuit or muffin 1 4" pancake or waffle Use freely: butterbuds sprinkles or Molly McButter 	Gravy, cream sauces, any fats in excess of allowed amounts

FRUIT	All fruits and fruit juices	Avocado in excess of amount allowed in fats allowed list.
MEAT/EGG/ CHEESE/FISH All lean Recommended preparation methods are broiling, roasting, grilling or boiling	Limit to 6 oz. per day: Poultry (without skin) Shellfish (fresh or frozen) Fish: water-packed canned fish (tuna, salmon), Sardines (canned, drained); Beef: select cuts (at least 90% lean ground beef) Pork: fresh ham, canned, cured or boiled ham Lamb: leg, chops, roast Cheese: 1% fat or rinsed cottage cheese; Skim farmer's cheese 1 oz Feta cheese, part-skim mozzarella cheese, sapsago, hoop 3 T Parmesan cheese, 1/4 cup Part-skim ricotta cheese; Tofu. 1 egg: poached, soft or hard cooked, scrambled without fat, egg substitutes, or egg whites	All fried, fatty or smoked meats such as corned beef, ham, sausage, luncheon meats, cold cuts, frankfurters, spare ribs, salt pork, ham hocks, duck, goose, capon, poultry skin; meat or fish canned in oil, all other cheese, creamed meats.
POTATO OR SUBSTITUTE	Mashed, boiled, or baked white or sweet potatoes; rice noodles, macaroni, spaghetti, pasta, hominy	Fried potatoes, potato or corn chips; any prepared in highly seasoned sauces or cream sauces made with whole, low fat milk or cream.
SOUPS	Fat-free, broth-based soups; cream soups made with nonfat milk and other foods allowed	Commercial soups; soups prepared with cream, fat or whole milk
SWEETS	Sugar, honey, syrup, molasses jam, jelly, plain sugar candy, jelly beans, gumdrops, hard candy, marshmallows	Candy containing nuts, cream, chocolate, coconut, or fat
VEGETABLES	Any prepared without added fats or cream sauces.	Buttered, au gratin, creamed or fried; omit gas-forming if they cause discomfort
MISCELLANEOUS	All herbs and seasonings, catsup, mustard, vinegar, unbuttered popcorn, pickles, apple butter, fat free gravies or white sauce made with skim milk.	Nuts, olives and peanut butter, in excess specified portions.

Sample Daily Meal Plan

Breakfast

1/2 c orange juice
1/2 c Cream of
wheat
1 scrambled egg made
with egg substitute
1 sl. toast
1 tsp margarine
jelly
1 c skim milk
coffee or tea
1 tsp sugar

Lunch

3 oz FF turkey
2 slices whole wheat
bread
1 c. raw carrots
1 apple
10-15 pretzels
1 c. skim milk
2 T. light mayonnaise

Dinner

3 oz baked chicken (without
skin)
1/2 c FF baked potato
1/2 c FF garden peas
1 sl. angel food cake
fruited gelatin salad
1 c. skim milk
1 sl. bread
1 tsp margarine

FF = Fat free or no fat added

NOTE: For Fat-Controlled Bland Diet, omit the following: pepper and highly seasoned foods; chili powder; coffee, decaffeinated coffee, tea and other beverages containing caffeine, alcohol.