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Low Fat Diet

Description:

This diet reduces the fat intake to 40 grams per day and restricts the fats to those which are highly emulsified and readily digested. This diet may be prescribed for patient with gallbladder disease.

Adequacy:

The 40 gram fat diet contains foods in quantities that can be planned to provide nutrients in the amounts recommended by the national research council (RDA's) for the average adult. To meet the caloric needs of some patients, it may be necessary to increase foods high in carbohydrate and protein.

Food Group	Food Allowed	Food Not Allowed
Milk Group (2 Cups Daily):		
Milk	Skim Milk, Nonfat Dry Milk, Buttermilk Made From Skim Milk, Condensed Skim Milk, Cocoa made from Skim Milk, Yogurt made from Skim Milk.	All other Milk, including Whole Milk and Low-Fat Milk (2%), Low-Fat Yogurt.
Meat Group (2 Servings Daily, Total 5 Oz.):		
Meat, Poultry and Fish	Lean Beef, Lamb, Ham, Veal or Poultry: Lean Fish such as Cod, Flounder, Haddock, Bluefish, Perch, Bass, Whitefish; Water Pack Salmon and Tuna. All Meats prepared without Fat and Served without Sauces or Gravies.	Fatty Meats, Bacon, Sausage, Luncheon Meats, Frankfurters, Corned Beef; Processed Meats, Fish or Poultry; Fatty Fish or Fish Canned in Oil; Fried Meats' Poultry Skin.
Eggs	Egg Whites as Desired. One Egg Yolk per day may be substituted for One Ounce Of Meat, If Tolerated.	Egg Yolks In Excess Of One Per Day.
Meat Substitutes	Low-fat cheese and un-creamed cottage cheese.	All cheese other than those allowed, peanut butter, nuts.
Vegetable And Fruit Group (4 Servings Daily):		
Vegetables	All fresh, frozen or canned vegetables except those on the avoid list.	All buttered, creamed, or fried vegetables, others not tolerated by patient.
Fruit	All except those not tolerated by the patient.	Those not tolerated by patient.

Bread, Cereal, And Starchy Vegetable Group (4 Servings Daily):		
Bread And Crackers	Whole grain and enriched breads except those on the avoid list; graham crackers, soda and saltine crackers.	Hot breads such as muffins, biscuits, pastries, sweet rolls, doughnuts, pancakes, waffles, French toast; high-fat snack crackers.
Cereals	All except those on the avoid list.	Cereals prepared with chocolate, fat, coconut or nuts.
Starchy Vegetables	White and sweet potato; macaroni, noodles, spaghetti and rice, dried beans dried peas, corn.	Fried potatoes, potato chips, potatoes prepared with cream sauce or butter.

Miscellaneous Foods:		
Fats	3 Level Teaspoons Daily: Butter, Margarine or Oil which May Be Used On Bread Or In Cooking. One Strip Of Crisp Bacon May Be Substituted For 1 Teaspoon Of Fat If Well – Tolerated.	Any fat in excess of amount allowed; all fried foods, cream, salt pork, lard, visible fat on meat, gravies, and salad dressings. Avocado, olives, coconut.
Soups	Fat-free broth and bouillon, homemade soup made with skim milk and allowed vegetables.	Commercial soup, cream soups prepared with whole milk.
Desserts And Sweets	Gelatin desserts, sherbet, fruit ices, angel food cake, meringue cookies, pudding made with skim milk; sugar, syrup, honey, jam, jelly, gum drops, plain sugar candy.	Ice cream, rich pastries, pie, cake, cookies, any prepared with chocolate, coconut or nuts.
Beverages	Coffee, tea, carbonated beverages.	None
Miscellaneous	Salt, pepper, herbs and spices, catsup, mustard, vinegar, cocoa, lemon juice, flavoring extracts, non-stick cooking pan spray.	Barbeque sauce, chili sauce, steak sauce, cream sauce, gravy, nuts, olives, pickles, chocolate, popcorn.

Low Fat Diet – Sample Menu Plan

SUGGESTED MEAL PATTERN	SAMPLE MENU
Breakfast: Fruit or Juice Cereal Breakfast Meat Bread Margarine Milk Beverage	Orange Juice Corn Flakes 1 Poached Egg Toast 1 Teaspoon Margarine Skim Milk Coffee
Noon Meal: Meat or Meat Substitute Potato or Substitute Vegetable Salad Bread Margarine Fruit or Dessert Beverage	2 Oz. Baked Chicken (No Skin) Fat-Free Mashed Potatoes Fat-Free Green Beans White Bread 1 Teaspoon Margarine Lime Sherbet Iced Tea with Lemon
Evening Meal: Soup or Juice Meat or Meat Substitute Vegetable (s) Bread Margarine Fruit or Dessert Milk Beverage	Beef Bouillon 2 Oz. Broiled Steak Fat-Free Cooked Squash Fat-Free Broccoli Spears Whole Wheat Bread 1 Teaspoon Margarine Angel Food Cake Skim Milk Iced Tea with Lemon