



Low Fat, High Protein Diet

Why follow a fat-controlled, high protein diet?

You need a fat-controlled diet if you have trouble digesting or absorbing fat. This diet will help prevent uncomfortable side effects such as diarrhea, bloating, and cramping that may occur when you consume high-fat food. In addition, eating too much fat may interfere with the absorption of other important nutrients in your diet.

Important Points to Keep In Mind

- Scan cookbooks for low-fat cooking tips and low-fat recipes.
- Convenience foods such as frozen and canned dinners are usually high in fat. Read food labels carefully and look for high-fat ingredients such as cheese, oil, shortening, and butter or margarine. Look for “light” frozen dinners with less than 300 calories and less than 10 g of fat.
- Use fat-free items sparingly. Some contain very small accounts of fat. Contact the manufacturer for the specific fat content.
- When dining out, ask for sauces or salad dressings on the side and use sparingly.

FOOD CATEGORIES	FOODS RECOMMENDED	FOODS THAT MAY CAUSE DISTRESS	TIPS
Breads, Cereals, Rice, And Pasta	Whole-grain or enriched breads, cereals, rice, barley, and pastas. Low-fat and fat-free crackers	Breads prepared with eggs or cheese. Granola-type cereals, biscuits, pancakes, croissants, muffins, or doughnuts. High-fats snack crackers.	Choose a tomato-based sauce instead of cream sauce for pastas. Use fruit spreads on breads in place of butter or margarine.
Vegetables	Fresh, frozen, or canned vegetables	Vegetables prepared with added fat, cream sauces, or cream sauces.	Cook vegetables in broth or sprinkle with herbs and spices to add flavor.
Fruits	All fresh, frozen, canned, or dried fruit. fruit juices	Avocado	Snack on fresh or dried fruits instead of chips or cookies.
Milk, Yogurt, And Cheese	Skim milk, and skim milk and fat-free cheeses. Low-fat or nonfat yogurt and cottage cheese.	1%, 2%, and whole milk, buttermilk, chocolate milk, and cream Regular and processed cheese.	In recipes, substitute skim or evaporated skim milk, or low-fat yogurt for whole milk and cream.
Meats, Poultry, Fish, Dry Beans And Peas, Eggs, And Nuts	Lean beef such as sirloin, round, chuck; veal skin. Lean pork such as tenderloin, ham. Canadian bacon, Lean lamb such as chops or leg. Poultry without the skin. All fresh, frozen, or canned fish packed in water. Luncheon meats (95% fat-free). Legumes cooked without. Added fat. Egg whites.	All fried, fatty or heavily marbled meat, poultry, fish such as: ground beef, pork, or lamb; ribs; corned beef; sausage, duck, goose. Canned fish packed in oil. Most luncheon meats including bologna, salami and pimento loaf, frankfurters. Dry peas and beans prepared with fat or high-fat meat. Nuts and peanut butter. Egg yolks	Broil, roast, grill, or boil meats, poultry, and fish instead of frying. Trim all visible fat before cooking. Select or prepare meats in their natural juice instead of sauces and gravies.
Fat	One serving equals: 1 tsp of margarine, butter, regular mayonnaise, oil, shortening, and bacon fat 1 tbsp of diet margarine, reduced-calorie mayonnaise, reduced-calorie creamy salad dressing, regular oil-based salad dressing, cream cheese, and whipping cream and sour cream.		
Snacks, Sweets, Condiments, And Beverages	Fat-free broths or soups. Sherbet, fruit ice, gelatin, angel food cake, graham crackers, and nonfat frozen desserts. Honey, jams, jellies, syrups, and hard candy. Coffee, tea, soda, and other nondairy drinks	Cream or cheese sauces and gravies. Cakes, cookies, pies, and ice cream. Coconut, chocolate, and creamed candy. High-fat snacks such as chips and buttered popcorn.	Try lemon juice, vinegar, or garlic or onion powder on cooked foods in place of butter or margarine.



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Sample Menu Plan

Sample Meal Plan	Your Meal Plan
Breakfast Orange juice (3/4 cup) Whole-grain cereal (1/2 cup) Banana (1 medium) Whole-wheat toast (2 slices) Diet margarine (1 tbsp) Jelly or jam (1 tbsp) Skim milk (1 cup) Coffee or tea Yogurt (1 cup)	
Lunch Fat-free vegetable soup (1 cup) Saltine crackers (4) Lean roast beef (4 oz) Whole-wheat bread (2 slices) Mustard (1 tbsp) Reduced-calorie mayonnaise (1 tbsp) Sliced tomato and lettuce Orange (1 medium) Coffee or tea Skim milk (1 cup)	
Snack Graham crackers (4) Skim milk (1 cup)	
Dinner Tossed green salad (1 cup) Fat-free salad dressing (1 tbsp) Broiled boneless, skinless chicken breast (4 oz) Herbed brown rice (1/2 cup) Whole-grain roll (1) Diet margarine (1 tbsp) Fruit ice (1/2 cup) Apple (1 medium) Coffee or tea Skim milk (1 cup)	