

Low Fat Diet

Why do I need a low fat diet?

Your doctor or Dietitian may recommend a low fat diet if you are having trouble digesting fat, absorbing fat, or if you have gallbladder disease or pancreatitis. Reducing the amount of fat you eat may help manage your symptoms and reduce pain with eating.

It is difficult to define how much fat you should have in a day, as it will vary from person to person depending on your symptoms. Usually low fat means to limit intake to 30-50 grams per day. Following these guidelines will help you keep your fat intake in the desired range.

Which foods are high sources of fat?

- Cheese, high fat dairy products
- Butter, margarine, oils, cream, mayonnaise, salad dressings
- Fried foods (including French fries, fried vegetables, fried meats), fatty meats and the skin on meats
- Pastries, cakes, donuts, pies, chocolate, cookies, store bought muffins
- Nuts and seeds

How do I reduce my fat intake?

- Try to choose foods that aren't prepackaged or processed like fresh fruits and vegetables, rice, cereals, pasta, legumes, lean meats, low fat cheese and milk (see the table on the next page for details).
- Use low fat cooking methods such as grilling, poaching, baking and barbequing.
- Trim visible fat from meat and remove skin from chicken.
- Avoid high fat processed meats like salami, sausage and deli meats.
- Limit added fat at meals to 1 tsp per meal.
- Choose low fat dairy products.
- Limit eating at restaurants and fast food places.
- Choose foods that have the claims "Fat Free", "0 Fat", "Zero Fat", and "No Fat" most often. Always check the Nutrition Facts table to see how much fat is in each serving and aim for less than 1-2g per serving.
- Spread your fat evenly throughout the day. Larger amounts at one time may worsen your symptoms.

Food Category	Low Fat- INCLUDE	High Fat- AVOID
<p>Milk Products and Milk Alternatives</p>	<ul style="list-style-type: none"> • Skim, 1% or low fat milk, buttermilk, evaporated milk, soy milk, rice milk, almond milk, cashew milk, oat milk • Small amounts of low fat block cheese (less than 20% milk fat) • Low fat cottage, ricotta and cream cheese • Low fat yogurt, custard, ice cream, frozen yogurt and sour cream 	<ul style="list-style-type: none"> • Homogenized or 2% milk • Cream, whipping cream • Coconut milk • Regular yogurt, ice cream, soy milk, sour cream, cottage and ricotta cheeses with 2% milk fat or more • Block cheese with more than 20% milk fat
<p>Grain Products</p>	<ul style="list-style-type: none"> • Whole grain breads/buns and crackers with less than 1 g fat per serving • Pasta, rice, barley • Hot and cold cereal such as oatmeal, rice krispies, special K, cheerios • Homemade low fat muffins • Popcorn less than 1g of fat per serving 	<ul style="list-style-type: none"> • Breads and cereal with nuts, seeds or coconut • Granola cereal • Doughnuts, pastries, croissants, cakes, high fat muffins, tea biscuits • Ramen and egg noodles • Breads, crackers, cereals or popcorn with more than 1 g of fat per serving
<p>Meat Products</p>	<ul style="list-style-type: none"> • Lean meats with visible fat trimmed and cooked using methods suggested • Chicken without the skin • Limit 1 egg per day, egg whites unlimited • Lean sandwich meats (chicken, turkey or ham) • Fish and seafood (fresh or packed in water in cans) 	<ul style="list-style-type: none"> • Fatty meats such as sausage, bacon, salami, ribs, regular deli meats, organ meats, corned beef, regular or medium ground meats • Any fried meats • Duck, game • Fish packed in oil
<p>Meat Alternatives</p>	<ul style="list-style-type: none"> • Beans, legumes, lentils, chick peas • Tofu (not fried) 	<ul style="list-style-type: none"> • Baked beans with added pork or fat • Nuts and seeds • Nut butters

<p>Fruits</p>	<ul style="list-style-type: none"> • Fresh, frozen or canned fruit and fruit juices except those that are listed 	<ul style="list-style-type: none"> • Avocado • Coconut
<p>Vegetables</p>	<ul style="list-style-type: none"> • Fresh, frozen or canned vegetables without added fat • Vegetable juices 	<ul style="list-style-type: none"> • French fries or other fried vegetables
<p>Fats</p>	<ul style="list-style-type: none"> • Limit added fat to 1 tsp per meal (includes butter, margarine, oils, salad dressings, mayonnaise, ghee, lard, copha) • Fat free salad dressings 	<ul style="list-style-type: none"> • Added fat more than 1 tsp per meal
<p>Snacks and Other Foods</p>	<ul style="list-style-type: none"> • Soups (2g of fat or less per serving) • Coffee, tea • Jelly beans, marshmallows, chewing gum, toffee, sugar • Jell-O, popsicles • Jams, marmalades, honey • Tomato sauce, BBQ sauce, soy sauce, relish, low fat gravy 	<ul style="list-style-type: none"> • Chocolate, fudge, caramels • Potato chips, fried snacks, Cheezies • Sauces made with oil, cream or cheese • Gravies • Olives

Registered Dietitian: _____

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