



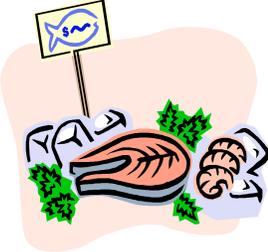
# LOW-FAT DIET

## Why Do You Need a Low-Fat Diet?

If you have disease of the liver, pancreas, gallbladder or intestine, you may have symptoms such as diarrhea, gas and stomach pain. These symptoms may be improved by following a low-fat diet. This diet is also useful if you are not able to digest or use fat as you usually would.

## General Guidelines

- Limit the fat you add to your food to 5 servings or less each day. This includes margarine, butter, cooking oils and mayonnaise. A serving is 1 teaspoon.
- Limit the meat you eat to 4-6 oz or less per day (3 oz is the size of a deck of cards). Cut off any extra fat before cooking.
- Try eating bread without any margarine or butter. You may use jam or jellies if you like.
- Have fruit as dessert more often.
- Add flavour to vegetables with lemon juice or spices instead of margarine.
- Eat broth based vegetable soups instead of cream soups.
- Choose tomato sauce for your pasta rather than cream sauce.
- Use leftover skinless chicken or roast beef instead of high-fat processed deli meats.
- Instead of using 3 whole eggs, make an omelet with one whole egg and 2 egg whites.
- Put fat-free sour cream on your baked potato instead of regular sour cream or butter.
- Avoid foods that are fried such as french fries, doughnuts, potato chips and other high-fat snack foods.

TYPE OF FOOD	FOODS RECOMMENDED	FOODS TO AVOID
<b>MILK &amp; MILK PRODUCTS</b> 	Skim milk and skim milk products; skim milk yogurt; total 16 oz (500 mL) daily of 1% milk, chocolate milk, buttermilk or 1% yogurt	Whole/homo milk and whole milk products; evaporated milk, yogurt made from whole milk, ice cream, whipping cream, malted milk
<b>BREADS &amp; CEREALS</b> 	All bread, rolls, english muffins, soda crackers, melba toast, plain low-fat cookies, rice, pasta, hot and cold cereal, homemade muffins, quick breads and pancakes using minimal fat	Baked goods including commercial muffins and mixes, croissants, quick breads, sweet rolls and breads, all other crackers, cereal with added fats, nuts or coconut, granola
<b>MEAT &amp; ALTERNATIVES</b> 	<b>IMPORTANT: Trim off visible fat!</b> Limit to 4-6 oz a day: lean meat, fish, poultry which is baked, broiled, boiled, poached, roasted, stewed or microwaved; 1% M.F. cottage cheese or partly skim/skim milk cheese with %MF or BF 7% or less as desired; Eggs – 3-4 per week, egg whites as desired Dried peas, beans, lentils	Fried meat, fish or poultry, poultry skin, heavily marbled and fatty meats including mutton, head cheese, side bacon, spareribs, sausages, wieners, regular processed meats, duck, goose, tongue, fish canned in oil, all other cheese, nuts and seeds
<b>FRUITS &amp; VEGETABLES</b> 	All fruits and juices except those on opposite list All vegetables prepared without fat	Avocado Vegetables prepared with added fat, e.g. fried, roasted, scalloped, in pastry or sauce, commercial or frozen french fries
<b>SOUPS</b> 	Clear broth, bouillon, consommé; commercial soups except those on opposite list; homemade soups (made with allowed milk and all fat removed), tomato soup	Commercial cream or chunky soups (except tomato soup)

<b>TYPE OF FOOD</b>	<b>FOODS RECOMMENDED</b>	<b>FOODS TO AVOID</b>
<b>FATS &amp; OILS</b>	Limit to 5 tsp a day: butter, margarine, mayonnaise, peanut butter, salad dressings or oils; sour cream 2 tbsp is equivalent to 1 tsp (5mL) of above, fat free dressings, mayo & cream cheese as desired	All other fats
<b>DESSERTS</b>	Fruit whip, gelatin desserts, sherbet, water ices, skim milk ice cream or frozen skim milk desserts; pudding made with allowed milk, angel food cake, meringues	Ice cream, ice milk; desserts made with cream or whole milk; cakes, pastries, deep fried desserts such as doughnuts
<b>BEVERAGES</b>	Coffee, tea, Ovaltine, Postum, hot chocolate (with allowed milk); fruit-flavoured and carbonated drinks	Alcohol (best avoided if causes discomfort)
<b>SWEETS</b>	All sweets except those on opposite list	Candies made with fat, oil, butter, cream, chocolate, malted milk, whole milk, coconut or nuts; butter icing
<b>OTHER</b>	Herbs and spices as tolerated, pickles, plain popcorn (no added fat), pretzels, cocoa, defatted gravy and sauces	Coconut, olives, coffee whitener, regular gravy and sauces, deep fried snacks foods such as potato chips, cheezies, corn chips, etc.

Your Dietitian: \_\_\_\_\_ Phone # \_\_\_\_\_