



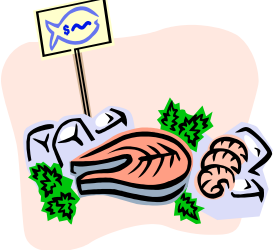
Low Fat Diet


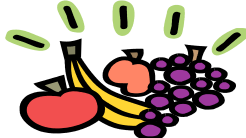

Why Do You Need a Low-Fat Diet?

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 2 teaspoons per meal. 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). Trim visible 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.
- Choose low fat broth based vegetable soups or low fat 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
<p>MILK & MILK PRODUCTS</p> 	<ul style="list-style-type: none"> • Skim or 1 % milk • Skim or 1% evaporated milk • 1% buttermilk • Low fat soy milk, rice milk, • Low fat yogurt, frozen yogurt • Low fat cottage cheese • Low fat cheese products (20% or less MF in small amounts) 	<ul style="list-style-type: none"> • Whole/homo milk • Whole evaporated milk • Full fat yogurt • Ice cream • Full fat sour cream • Milkshakes (regular) • Whipped cream • Coffee cream • Full fat cottage cheese • Regular cheese and cheese products
<p>BREADS & CEREALS</p> 	<ul style="list-style-type: none"> • Breads • Rolls • English muffins • Soda crackers • Melba toast • Low fat cookies • Hot and cold cereal • Rice (white or brown) • Pasta • Homemade low fat muffins • Pancakes 	<ul style="list-style-type: none"> • Crackers (high fat) • Cereals with nuts or coconut(granola) • Doughnuts • Egg noodles/pasta • Ramen noodles • Sweet biscuits • Tea biscuits • Waffles
<p>MEAT & ALTERNATIVES</p> 	<ul style="list-style-type: none"> • Chicken without skin • Fish, packed in water • Fish • Lean cuts of meat such as beef, veal, pork, lamb • Eggs, whole (3-4/week) • Egg whites • Egg substitutes • low fat deli meats • Legumes or beans, canned with no added fat 	<ul style="list-style-type: none"> • Avoid all fried chicken/meat/fish products • Bacon (side) • Duck • Fish , packed in oil • Goose • High fat meats with heavy marbling • Legumes or beans packed with fat (such as pork & beans)

<p>MEAT & ALTERNATIVES</p> 		<ul style="list-style-type: none"> • Organ meats (liver, kidney, tongue) • Peanut or other nut butters • Nuts and seeds • Regular or medium ground meats • Regular deli meats (such as bologna, salami) • Sausages • Spare ribs • Wieners
<p>FRUITS & VEGETABLES</p> 	<ul style="list-style-type: none"> • All fruits- fresh, frozen or canned • All fruit juices • All vegetable juices • All vegetables prepared without fat (except for those on opposite list) 	<ul style="list-style-type: none"> • Avocado • Coconut • Olives • Vegetables prepared with added fat (example- fried, roasted ,scalloped or in pastry or sauce • French fries (commercial or frozen)
<p>SOUPS</p> 	<ul style="list-style-type: none"> • Bouillon • Clear broth • Consommé • Broth based commercial soups, 2 g fat or less per serving(example: chicken noodle, tomato, vegetable) • Homemade soup (made with milk and all fat removed) 	<ul style="list-style-type: none"> • Cream soups • Chunky soups

TYPE OF FOOD	FOODS RECOMMENDED	FOODS TO AVOID
FATS & OILS	<ul style="list-style-type: none"> • Limit added fat 2 teaspoons per meal • Butter • Margarine • Mayonnaise • Oil • Peanut butter, nut butters (1 serving = 1 tbsp.) • Cream Cheese • Salad dressing • Sour cream (serving = 1 tbsp.) <ul style="list-style-type: none"> • Fat free salad dressings • Fat free sour cream • Fat free cream cheese • Fat free mayonnaise • Spray oils 	<ul style="list-style-type: none"> • All other fats
DESSERTS	<ul style="list-style-type: none"> • Angel food cake • Fruit whip • Gelatin desserts • Sherbet • Water ices • Ice cream (made with skim milk) • Puddings (made with skim milk) • Meringues 	<ul style="list-style-type: none"> • Cakes • Doughnuts • Ice cream • Muffins • Pastries • Pies
BEVERAGES	<ul style="list-style-type: none"> • Coffee/tea • Fruit flavoured drinks • Ovaltine • Postum • Soft drinks 	

SWEETS	<ul style="list-style-type: none"> • Candies • Sugar 	<ul style="list-style-type: none"> • Candies made with added fat • • Chocolate • Icing on cakes or cookies
OTHER	<ul style="list-style-type: none"> • Bakers cocoa • Defatted gravies or sauces • Herbs and spices • Plain popcorn • Pretzels 	<ul style="list-style-type: none"> • Coffee whitener • Cheezies • Corn chips • Deep fried snack foods • Potato chips • Regular gravy and sauces

NOTES FROM YOUR DIETITIAN:

Registered Dietitian: _____

905-378-4647 ext. _____

