



## LOW-FAT DIET

(LOW CHOLESTEROL)

**PURPOSE:** The diet limits total fat, saturated fat, and cholesterol in the diet. This diet may be helpful for those who have trouble with fat digestion and malabsorption. This diet may also aid in prevention or reduction of elevated blood cholesterol levels which have been associated with an increased risk of heart disease.

FOOD GROUP	FOODS ALLOWED	FOODS OF CONCERN
Dairy Products	Skim Milk, butter milk made from skim milk, non-fat powered dry milk solids, evaporated skim milk, hot chocolate made from skim milk and cocoa powder, low fat yogurt, 1% milk fat cottage cheese, cheese made with part skim milk, Farmers cheese, Lite line or Weight Watchers Cheese.	Whole milk, 2% or 1% low fat milk, evaporated whole milk, cream (light, heavy, half-and-half or sour); whole milk yogurt, cheese or buttermilk, chocolate milk. Non-dairy substitutes; milkshake, eggnog, regular hot chocolate and hot cocoa mixes.
Meat and Meat Alternates	Chicken, poultry (without skin). Veal, fish, canned fish packed in water, lean trimmed beef, pork or ham, beans, peas, or lentils, peanut butter made with allowed oil.	Fried meats, meats with visible fat and highly marbled meats. Spareribs, frankfurters, sausage mutton, duck, goose, and fish; shrimp, crab and lobster, organ meats such as liver, brains, kidney and heart, Canned meats, fish packed in oil, luncheon meats, salami, pepperoni, poultry skin.
Eggs	No more than 3 whole eggs or egg yolks per week; egg whites egg substitutes.	More than 3 whole eggs or egg yolks per week; fried eggs
Vegetables	Any fresh, cooked, frozen or canned vegetable; vegetable juice.	Those fried, creamed or cooked with extra fat.
Breads	Enriched or whole grain breads, French, Italian, rye or pumpernickel bread; hamburger, hot dog or plain buns or rolls; saltine or graham crackers, English muffins, cornbread, pancakes or waffles, if prepared with allowed ingredients.	Commercial biscuits, muffins, waffles, pancakes, pastries and doughnuts; commercial baking mixes, flavored snack crackers, croissants, corn chips, potato chips.
Cereals	Any hot or cold cereal except for those of concern	Natural Cereals, nuts, seeds or coconuts

Potatoes and Substitutes	Potatoes, rice, noodles, spaghetti and macaroni.	Fried potatoes, fries rice; any prepared with gravy, cheese or cream sauce; egg noodles.
Fats	Margarines with liquid vegetable oil as first ingredient, corn cottonseed, safflower, sunflower, sesame and soybean oil; gravies prepared with skim milk; mayonnaise and salad dressings prepared with allowed oils.	Butter, regular margarine, hydrogenated fats, coconut or palm oil, vegetable shortenings, lard, meat drippings or bacon; regular gravy, mayonnaise or salad dressing.
Beverages	Regular or decaffeinated coffee or tea, coffee substitutes, carbonated beverages, fruit-flavored drinks.	None
Soups	Bullion or fat-free broth based soups; cream soups prepared with skim milk, packaged dehydrated soups.	Commercial canned and creamed soups; soups prepared with whole milk, cream, animal for or butter.
Desserts Sweets	Fresh or canned fruits, fruit whip, gelatin, angel food cake, fruit ices, popsicles, sherbet puddings, custards, pies, cakes and cookies prepared with allowed skim milk, fat, egg.	Commercial cakes, pies and cookies. Puddings and custards made with whole milk, whipped cream desserts, ice-cream, 2% ice milk, non-dairy ice cream; desserts containing chocolate, butter, cocoa butter, nuts, coconut.
Miscellaneous	Seasoned salts, herbs, pepper, salt spices, mustard, catsup, imitation flavorings, soy sauce Worcestershire sauce.	Cashews, macadamia nuts, olives, frozen packaged dinners.

### LOW-FAT DIET SAMPLE MENU

MORNING	NOON	EVENING	EVENING SNACK
Orange Juice Bran flakes English muffin Skim Milk Coffee Margarine, jelly, sugar	Tossed green salad with dressing Sandwich (chicken, lettuce, tomato, onion) Whole grain bread Fruit Cup Sherbet Iced Tea Mayonnaise	Roast ham Asparagus spears Baked sweet potato Homemade cornbread Skim milk buttermilk Angel food cake Margarine	Slice peaches Yogurt

### SUGGESTED DAILY OR WEEKLY SERVINGS AND SERVING SIZES

Milk and Milk Products Group	3 Servings/Day	1 Cup serving size
Meat and Meat Alternates Group:		
Meat, fish poultry	2 Servings/Day	3oz. serving size
Eggs	3 Servings/Week	1 medium serving size
Cheese	3 Servings/Week	1 oz. serving size
Fruit Group	4 Servings/Day	
Vegetable Group	4 Servings/Day	
Bread and Cereal Group	4 Servings/Day	
Fat Group	9 Servings/Day	1 teaspoon serving size