

# Fat Restricted Diet

*50 Grams*

## **Benefit**

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- Helps reduce symptoms you may have if you are unable to digest and absorb fat. These symptoms may occur with diseases of the gallbladder, liver, pancreas, and small intestine.

## **Guidelines**

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- Eat less added fats such as butter, margarine, mayonnaise, vegetable oils and salad dressings.
- Choose lean meats, poultry without skin, and lean fish.
- Choose nonfat milk and nonfat or low fat milk products.
- Eat more fruits, vegetable and grains.
- Use low fat cooking methods such as baking, broiling, steaming and grilling, rather than frying.
- Some individuals with gallbladder disease are not able to tolerate some gas-forming foods. These include bran, dry beans, certain vegetables such as (cabbage, broccoli, Brussels sprouts, cucumbers, onions, green peppers, corn) and certain fruits (apples, melon). Try small portions of these foods.

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## Fat Restricted Diet

Food	Choose	Avoid
<b>Beverages:</b>	Carbonated beverages, fruit drinks, juices. Coffee, tea. Skim milk, nonfat buttermilk, nonfat dry milk, nonfat chocolate milk.	Milk: whole, 2%, 1%, condensed, chocolate, malted. Evaporated whole milk. Cream. Milk shakes made with ingredients not allowed.
<b>Breads:</b>	All enriched or whole grain bread or rolls. English muffins, water bagels, plain corn or flour tortillas. Bread sticks, Melba toast, pretzels, matzo, eye wafers, saltines, rice cakes. Air popped popcorn, baked corn tortilla chips.	Quick breads, muffins, cornbread. Pancakes, French toast. Croissants, fritters, biscuits, popovers. Doughnuts, sweet rolls. Snack crackers with fat, buttered popcorn, snack chip. Fried tortillas.
<b>Cereals:</b>	All without nuts, seeds or coconut. Cooked cereal without fat.	Bran if it causes digestive discomfort. Wheat germ, granola. Cereals with nuts, seeds or coconut.
<b>Desserts:</b>	Angel food cake, fat-free commercial baked products. Gelatin, meringues. Pudding made with skim milk or egg whites. Graham crackers, vanilla wafers, ginger snaps. Sherbet, fruit ice, nonfat ice cream and frozen yogurt.	All other cakes, cookies, pies, pastries. Puddings made with whole milk or egg yolks. Desserts coconut, nuts or chocolate. Regular ice cream.
<b>Fats: (3-5 servings per day)</b>	One serving equal: One tsp. butter, margarine, vegetable oil, regular mayonnaise or shortening. Two tsp. peanut butter. One Tbsp. diet margarine, reduced-calorie mayonnaise, oil-bases salad dressing, reduced-calorie creamy salad dressing, cream cheese, whipping cream, seeds, nuts. Two Tbsp. sour cream, reduced-calorie dressing(oil-based), reduced-fat cream cheese, light coffee cream, liquid coffee whitener. Ten olives. Fat-free salad dressings, mayonnaise, gravy, cream cheese and sour cream.	More than the allowed 3-5 servings per day.
<b>Fruits:</b>	All fresh, frozen, canned or dried fruits, except avocado or coconut. All fruit juices.	Avocado, coconut. Fruits that cause digestive discomfort.

<p><b>Meat, Poultry, Fish, Cheese, Eggs(limit to 6 ounces cooked per day), Yogurts, Dry Beans, and Peas:</b></p>	<p>Remove visible fat from meats before cooking. Bake broil, grill or roast. Remove skin from poultry. Lean beef such as round, chuck, sirloin and flank steak; tenderloin. Poultry without skin. Lean pork such as fresh, canned or boiled ham; tenderloin, Canadian Bacon. All cuts veal, except cutlets. Lean lamb such as chops or leg. All fish, fresh, frozen or canned in water. 95% fat-free luncheon meats. Skim milk cheese with 3 grams of fat or less per ounce. Cottage cheese. Parmesan cheese limited to 2 Tbsp. or 1 ounce. Fat-free cheese. Fat-free egg substitutes and egg whites. Nonfat yogurt. Low fat yogurt limited to 1 cup. Dry beans and peas without added fat. Tofu, tempeh.</p>	<p>All fatty or fried meat, poultry, fish. Fatty meats such as ground beef, ribs, Corned beef, roasts (ribs, rump, chuck): most steaks (T-bone, Porterhouse), duck, goose. Spareribs, pork sausage, chops, loin roast, cutlets. Cutlets (cubed or ground). Lamb patties, blade, ribs and shoulder cuts. Fish canned in oil. Fatty luncheons meats such as bologna and salami. Cheese with more than 3 grams of fat per ounce. Eggs yolks. Whole milk yogurt. Dry beans and peas cooked with added fat or if they cause digestive discomfort.</p>
<p><b>Potatoes and Substitutes:</b></p>	<p>Pasta, noodles without egg yolks, rice, barley, sweet or white potato. All prepared without added fat, unless used in the amount allowed.</p>	<p>Fried potatoes, fried rice. Potato chips, chow mein noodles. Convenience casseroles and mixes, unless fat-free.</p>
<p><b>Soups:</b></p>	<p>Fat-free bouillon and broth, cream soups made with skim milk. Fat-free vegetable soups. Packaged dehydrated soups.</p>	<p>All others.</p>
<p><b>Sweets:</b></p>	<p>Jams, jellies. Molasses, sugar, honey, syrups. Candies: hard candies, lifesavers, gumdrops, jelly beans, plain mints, sourballs, fondants, marshmallows.</p>	<p>Chocolate, coconut, Caramels.</p>
<p><b>Vegetables:</b></p>	<p>All fresh, frozen or canned. Vegetable juices. Daily fat allowance may be used in preparation.</p>	<p>Vegetables in a butter or cream sauce. Deep-fried vegetables. Prepared tomato, spaghetti or pizza sauces made with fat or any that cause digestive discomfort.</p>
<p><b>Miscellaneous:</b></p>	<p>Pepper, salt, herbs, spices. Lemon juice, vinegar, extracts. Condiments</p>	<p>Cream sauces; gravies.</p>

	such as catsup, mustard, chili sauce, pickles, relish. Cocoa powder. Fat-free butter replacements.	
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### Sample Menu (50 grams Fat)

#### Breakfast

Orange Juice  
 Scrambled Egg (1)  
 English muffin with margarine (1 tsp)  
 Banana  
 Skim Milk  
 Coffee or tea

#### Lunch

Vegetable soup, fat-free  
 Sandwich: Turkey (1oz) and low fat cheese (1oz) on whole grain bread with mayonnaise (1tsp)  
 Fresh strawberries  
 Skim milk

#### Mid-afternoon Snack

Bagel half with fat-free cream cheese  
 Skim milk

#### Dinner

Tossed salad with fat-free dressing  
 Broiled flounder with lemon (3oz)  
 Baked potato with fat-free butter  
 Steamed broccoli  
 Dinner roll  
 Margarine (2 tsp)  
 Nonfat frozen yogurt  
 Coffee or tea

#### Evening Snack

Fresh orange  
 Rice cakes with jelly  
 Ginger ale

### Your Sample Meal Plan

#### Breakfast

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#### Lunch

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#### Mid Afternoon Snack

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#### Dinner

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#### Evening Snack

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