

LOW FAT DIET

(Approx. 40-60 Grams Fat)

Your doctor has ordered this diet for you. Follow it carefully.

This diet is used for patients with disorders of the pancreas or biliary tract or in someone having high cholesterol.

Eat at a regular time each day. Take about the same amount of food at each meal. Avoid large meals. If a meal is delayed, a small snack will prevent excessive hunger and probable overeating.

When very tired, rest before eating. During periods of anxiety or emotional stress, small meals taken more often may help prevent digestive disturbances.

Keep mealtime conversation pleasant. Chew all food well.

No fat is added in the preparation of food, and those with a high fat content are eliminated; otherwise, your food will vary little from the normal family diet. The following "RECOMMENDED FOODS ALLOWED" has been modified to allow for the restrictions of your diet. Using your list of permitted and restricted foods as a guide, select foods from each group daily for a healthful, nutritious diet.

When ordering in a restaurant, choose simply prepared foods. Consommé and juice, plain roasted, broiled or stewed meat. Ask to have gravy and sauce left off your food servings. Baked, boiled, or mashed potato; plain vegetables, without sauces; hard rolls, bread; gelatin salads, vegetable salads, low calorie cottage cheese, plain or combined in fruit plates, (all without oil dressing). Sherbet or fruit desserts. Meat sandwiches may be ordered without mayonnaise or butter.

Cook meat on a rack when broiling or roasting so that fat that cooks out will not be re-absorbed. Fat free gravy may be made using meat broth that has been cooled, skimmed and then thickened.

Avoid overcooking vegetables to preserve their natural flavor and vitamins; they are then more palatable without rich sauces or butter.

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FOOD GROUP	FOODS ALLOWED	FOODS RESTRICTED
BEVERAGES	Skim milk and buttermilk made from skim milk; milk drinks coffee and substitutes, tea, cereal beverages, carbonated beverages, fruit drinks.	Whole milk and chocolate milk, hot chocolate (unless prepared from dry cocoa and skim milk), milk shakes and malted milk. Alcoholic beverages.
BREADS	Any regular, enriched and whole grain bread, soda crackers, rye crisp, melba toast, matzoth, plain tortilla, pretzels.	Any others, including griddle cakes, pancakes, French Toast, sweet rolls, coffee cake, quick breads as biscuits or muffins.
CEREAL	All cooked and dry.	None
DESSERT	Custard and puddings made with skim milk; plain cakes made with foods allowed; gelatin desserts, sherbets, ices, fruit whips, plain ice milk, angel food cake.	Pies, pastries, or rich desserts high in fat or containing nuts or cream. Ice cream, sponge cake, doughnuts, rich cookies, or desserts containing chocolate.
FATS (Limited to three per day)	1 tsp. Butter, margarine, oil, mayonnaise. 1 Tbsp. French dressing or cream cheese. 2 Tbsp. Cream or peanut butter. 1 Slice crisp bacon.	Any others, or more than amount shown.
FRUIT	Any, except Avocado	Avocado. Omit apples and melons if not well tolerated.
SOUPS	Fat-free broths or soups made with skim milk and fat allowance.	Any others.
POTATOES OR SUBSTITUTES	White potatoes or sweet potatoes (if well tolerated); rice, macaroni, noodles, spaghetti, hominy (may be creamed if made with skim milk and fat allowance.)	Fried potatoes, macaroni and cheese, potato chips, or any other fried potato substitute.