

# LOW FAT DIET

You have been instructed to stay on a low fat diet. Please follow the instructions from your doctor about length of time for this diet.

We hope these examples of low fat food will assist you in planning a healthy, low-fat diet.

A low-fat diet is needed when the body has trouble absorbing or using dietary fat. The amount of fat allowed depends on how much your body can tolerate.

Some general guidelines to follow:

- follow Canada's Food Guide using well-tolerated, low-fat foods.
- Achieve and stay at your ideal body weight.
- small, more frequent meals may be better than larger meals.
- avoid fried and fatty foods as they may cause discomfort. Use cooking methods that avoid fat, i.e. broiling, baking, barbecuing and microwaving.
- Remove the skin from poultry. Cut off all visible fat from meat before cooking.
- Commercial "fat-reduced" products are available.

Some helpful hints:

- snack foods like potato chips and cheezies are very high in fat. Snack on raw, crunchy vegetables and fruits.
- choose low-fat cheese (6% milk-fat or less)
- Try lemon juice or a low-fat diet dressing

- on salad rather than an oil dressing.
- Use skim-milk yogurt instead of sour cream for dips and sauces.
- Try low-calorie (low-energy) margarine or mayonnaise.
- Boil, bake or steam vegetables rather than fry. Do not butter them.
- Choose stock-type soups rather than cream soups. "Calorie-reduced" cream soups are lower in fat.

Restaurant eating guidelines:

*Breakfast:*

- select an English Muffin rather than a croissant.
- choose a poached egg or peameal bacon.
- ask for dry toast.

*Lunch or Supper:*

- ask for broiled, roasted, baked (in its own juice or "au jus"), steamed or poached meats or fish.
- have a baked potato rather than french fries.
- select a salad but avoid one with eggs, cheese, meat and bacon on it.
- ask for a low-fat diet dressing or "dressing on the side"
- avoid casseroles
- avoid foods that are creamed, sautéed, fried, pan-fried, have cream or butter sauces or gravies.
- choose fresh fruit, fruit ice, sherbet, jello or angel food cake for dessert.

Fast Food guidelines:

- choose a regular or small (2 oz./60 g\_) hamburger rather than a cheeseburger or deluxe style.
- avoid french fries, fried onion rings, milkshakes and fried fruit pies.
- fried chicken, nuggets and fried fish contain more fat than a small hamburger.
- look for rotisserie or barbecue chicken and remove skin.
- on pizza, avoid high-fat meat toppings such as pepperoni, bacon, sausage, olives and extra cheese. Ask for less cheese and order more vegetable toppings such as mushrooms, tomatoes, etc.

Type of Food	Foods Recommended	Foods to Avoid
Milk and Milk Products	<ul style="list-style-type: none"> <li>➤ Skim milk and skim milk products,</li> <li>➤ skim milk yogurt,</li> <li>➤ total of 16 oz./500 ml. daily of 2% milk, chocolate milk, buttermilk or 2% yogurt.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Whole milk and whole milk products,</li> <li>➤ evaporated milk and yogurt made from whole milk,</li> <li>➤ cream, whipping cream, malted milk.</li> </ul>
Breads & Cereals	<ul style="list-style-type: none"> <li>➤ All bread, rolls, English muffins, soda crackers, melba toast, plain, low-fat cookies, i.e. arrowroot and social tea,</li> <li>➤ rice, pasta, hot and cold cereal</li> <li>➤ homemade muffins, quick breads and pancakes using minimal fat</li> </ul>	<ul style="list-style-type: none"> <li>➤ baked goods including commercial muffins and mixes, croissants, quick breads, sweet rolls and breads,</li> <li>➤ all other crackers;</li> <li>➤ cereal with added fats, nuts, or coconut, i.e. granola</li> </ul>
Meat & Alternates	<p><b>Trim off all visible fat</b></p> <ul style="list-style-type: none"> <li>➤ limit intake to 6 oz./150 g day of lean meat, fish or poultry which is baked, boiled, broiled, poached, roasted, stewed or microwaved</li> <li>➤ regular creamed cottage or partly skim/skim milk cheese,</li> <li>➤ skim milk cottage cheese as desired</li> <li>➤ one egg a day, egg white as desired</li> <li>➤ dried peas, beans, lentils</li> </ul>	<ul style="list-style-type: none"> <li>➤ fried meat, fish or poultry</li> <li>➤ poultry skin</li> <li>➤ heavily marbled and fatty meats including mutton, side bacon, spareribs, sausages, wieners, regular processed meats</li> <li>➤ duck, goose, sweetbread, tongue</li> <li>➤ fish canned in oil</li> <li>➤ all other cheeses, nuts and seeds</li> </ul>
Fruits and Vegetables	<ul style="list-style-type: none"> <li>➤ All fruits and juices except Avocado</li> <li>➤ all vegetables prepared without fat</li> </ul>	<ul style="list-style-type: none"> <li>➤ avocado</li> <li>➤ vegetables prepared by frying, roasting, scalloped, in pastry or sauce, commercial and frozen French fries</li> </ul>
Soups	<ul style="list-style-type: none"> <li>➤ clear broth, bouillon, consommé</li> <li>➤ commercial soups except cream or chunky,</li> <li>➤ homemade soups (made with allowed milk, all fat removed)</li> </ul>	<ul style="list-style-type: none"> <li>➤ commercial cream or chunky soups (except tomato).</li> </ul>
Fats & Oils	<ul style="list-style-type: none"> <li>➤ limit to 3 tsp./day of butter, margarine, peanut butter, salad dressing or oil</li> <li>➤ sour cream (2 tbsp.=1 tsp. above)</li> </ul>	<ul style="list-style-type: none"> <li>➤ all other fats</li> </ul>
Desserts	<ul style="list-style-type: none"> <li>➤ fruit whip, gelatine desserts, sherbet, water ices, skim milk ice cream or frozen skim milk desserts.</li> <li>➤ puddings made with allowed milk</li> <li>➤ angel cake, meringues</li> </ul>	<ul style="list-style-type: none"> <li>➤ ice cream, ice milk</li> <li>➤ desserts with cream or whole milk</li> <li>➤ cakes, pastries,</li> <li>➤ deep fried desserts such as doughnuts</li> </ul>
Miscellaneous	<p>Beverages</p> <ul style="list-style-type: none"> <li>➤ coffee, tea, ovaltine, postum, hot chocolate with allowed milk</li> <li>➤ fruit flavoured drinks</li> <li>➤ carbonated beverages</li> </ul> <p>Sweets</p> <ul style="list-style-type: none"> <li>➤ all except those on opposite list</li> </ul> <p>Other</p> <ul style="list-style-type: none"> <li>➤ herbs and spices (as tolerated)</li> <li>➤ pickles</li> <li>➤ popcorn (no butter, margarine or fat)</li> <li>➤ pretzels or cocoa</li> <li>➤ defatted gravy and sauces</li> </ul>	<p>Beverages</p> <ul style="list-style-type: none"> <li>➤ alcohol (best avoided if it causes discomfort)</li> </ul> <p>Sweets</p> <ul style="list-style-type: none"> <li>➤ candies made with fat, oil, butter, cream, chocolate, malted milk, whole milk, coconut or nuts</li> <li>➤ butter icing</li> </ul> <p>Other</p> <ul style="list-style-type: none"> <li>➤ coconuts</li> <li>➤ olives</li> <li>➤ coffee whitener</li> <li>➤ regular gravy and sauces</li> <li>➤ deep-fried snack foods such as chips, cheezies, corn chips, etc.</li> </ul>



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*This pamphlet is for educational purposes ONLY. Contact your doctor to answer any other questions you may have.*

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