

Low Fat Diet (50 g fat)

This is a temporary diet needed when the body has difficulty digesting fat.

Food Groups	Foods to Include/Lower Fat Foods	Foods to Avoid/Limit
Beverages	Coffee, tea, Ovaltine, soft drinks, fat-free fruit drinks	Hot chocolate, cappuccino, milkshakes
Breads & Cereals	Whole-grain & white breads, soda crackers, hot & cold cereals, plain corn or flour tortillas, plain bagels, English muffins, rice cakes	Tea biscuits, Danish, pancakes, French toast, doughnuts, waffles, croissants, muffins, cereals and breads with cheese, nuts, seeds, or coconut, snack crackers, snack chips, stuffing, fried tortillas, fried bread
Desserts	Sherbet, fruit ice, gelatin, angel food cake, vanilla wafers, graham wafers, social teas, arrowroots, skim milk puddings	All other cakes, cookies, granola bars, pies, pastries, puddings, cream puffs, éclairs, ice cream
Fats	<p>3 choices allowed per day 1 choice =</p> <p>=1 tsp margarine or butter =2 tsp diet margarine =1 tsp mayonnaise =1 tbsp low-fat mayonnaise or salad dressing =1 tbsp light peanut butter =1 tsp vegetable oil</p>	<p>Nuts, seeds, olives</p> <p>Regular salad dressings</p>
Fruits	Fresh, frozen, canned or dried fruit. Fruit juices	Avocado
Meat, Poultry, & Fish	<p>4 oz (cooked) per day: chicken, turkey, fish, water-packed tuna, lean ham, pork, lamb, veal and beef, extra lean ground beef</p> <p>Trim visible fat, remove skin, and prepare without added fat, e.g. broiled, poached, baked, grilled or roasted on a rack</p>	<p>Bacon, spareribs, wieners, sausages, luncheon meats</p> <p>Fatty or fried poultry and fish, e.g. salmon, chicken wings</p>
Meat Alternatives	<p>Cooked or canned legumes without added fat, e.g. baked beans in tomato sauce, chick peas, split peas, lima beans, lentils, tofu</p> <p>Eggs: 1 medium egg a day, egg whites</p>	<p>Legumes cooked with added fat</p> <p>More than 1 egg yolk a day</p>

Food Groups	Foods to Include/Lower Fat Foods	Foods to Avoid/Limit
Milk Products	Skim or 1% milk, evaporated skim milk, fat-free yogurt, 1% soy beverage Low fat cottage cheese, low-fat cheese containing 3 gm fat or less per serving (or 7% MF), part skim ricotta cheese, fat-free cheese slices	2%, homo milks, buttermilk, chocolate milk, cream, evaporated milk All regular cheeses
Potatoes, Rice & Pasta	Potatoes, rice, barley, plain spaghetti & other noodles	Fried potatoes, French fries, scalloped potatoes, fried rice, chow mein noodles, egg noodles, cream pasta sauces
Soups	Clear broth, fat-free vegetable soup, homemade cream soup made with skim milk and no added fat	Commercial cream soups, (cream of tomato is allowed) Chunky soups, French onion soup
Sweets	Sugar, honey, jam, marmalade, jelly beans, marshmallows, hard fruit, candy, cocoa powder, gum	Candies made with butter, coconut, chocolate, or cream
Vegetables	Fresh, frozen, or canned vegetables prepared without fat or sauces containing fat Serve fresh, boiled, steamed, or microwaved	Buttered, au gratin, creamed, or fried vegetable (unless made with allowed fat)
Miscellaneous	Ketchup, vinegar, pickles, vanilla, unbuttered popcorn, pretzels, mustard, herbs, seasonings as tolerated, homemade fat-free gravy & sauces	Cream sauces, gravies, buttered popcorn, tortilla & potato chips, other fried snack foods, flaxseed

Note:

Avoid gas-forming foods, e.g. baked beans, onion, cabbage, broccoli, etc, as they may cause discomfort
 Avoid spicy foods, e.g. chili, spicy sauces

These guidelines have been prepared by Clinical Nutrition Services, Bluewater Health, based on the Dietitians of Canada Manual of Clinical Dietetics, 6th edition