

**Low-Fat and Fat-Free Diet****Low-Fat Diet:**

General description

- This diet contains foods that are low in fat
- Foods are prepared without the addition of fat
- Fatty meats, gravies, oils, cream, lard, and desserts containing eggs, butter, cream, nuts, and avocados are avoided
- Foods should be used in amounts specified and only as tolerated
- The sample pattern contains approximately 85g protein, 50 g fat, 220 g carbohydrate, and 1670 kcal

	<u>Allowed</u>	<u>Not Allowed</u>
Beverages	Skim milk, coffee, tea, carbonated beverages, fruit juices	Whole milk, cream, evaporated & condensed milk
Bread and Cereals	All kinds	Rich rolls or breads, waffles, pancakes
Desserts	Jell-O, sherbet, water ices, fruit whips made without cream, angel food cake, rice and tapioca puddings made with skim milk	Pastries, pies, rich cakes and cookies, ice cream
Fruits	All fruits, as tolerated	Avocado
Eggs	3 allowed per week, cooked any way except fried	Fried eggs
Fats	3 tsp butter or margarine daily	Salad and cooking, oils, mayonnaise
Meats	Lean meat such as beef, veal, lamb, liver, lean fish and fowl, baked, broiled, or roasted without added fat	Fried meats, bacon, ham, pork, goose, duck, fatty fish, fish canned in oil, cold cuts
Cheese	Dry or fat-free cottage cheese	All other cheeses
Potato or substitute	Potatoes, rice, macaroni, noodles, spaghetti, all prepared without added fat	Fried potatoes, potato chips
Soups	Bouillon or broth, without fat; soups made with skimmed milk.	Cream soups
Sweets	Jam, jelly, sugar, sugar candies without nuts or chocolate	Chocolate, nuts, peanut butter
Vegetables	All kinds as tolerated	The following should be omitted if they cause distress: broccoli, cauliflower, corn, cucumber, green pepper, radishes, turnips, onions, dried peas, and beans
Miscellaneous	Salt in moderation	Pepper, spices, highly spiced food, olives, pickles, cream sauces, gravies

Suggested Menu Pattern**Breakfast**

Fruit
Cereal
Toast, jelly
1 tsp butter or margarine
Egg 3 times per week
Skim milk, 1 cup
Coffee, sugar

Lunch and Dinner

Meat, broiled or baked
Potato
Vegetable
Salad with fat-free dressing
Bread, jelly
1 tsp butter or margarine
Coffee, sugar

Fat Free Diet

General Description: The following additional restrictions are made to the low-fat diet to make it relatively fat free.

1. Meat, eggs, and butter or margarine are omitted.
2. Substitute for meat at the noon and evening meal is 84 g (3oz) fat-free cottage cheese.