

## FAT RESTRICTED DIET (30-40 grams)

### PURPOSE

To provide an adequate diet with reduced fat content. The fat in the diet will provide 15-20% of the calories. This diet may be indicated in disease of the liver, gallbladder, or pancreas in which disturbance of digestion and absorption of fat may occur. The diet is used to reduce symptoms of these conditions.

### DIET PRINCIPLES

1. Visible fat (butter, cream, margarine, salad dressing) is restricted to 1 teaspoon per meal or 3 teaspoons per day.
2. Only lean meats, skim milk, and no more than 7 eggs per week are used.
3. High fat foods are avoided.
4. Foods are prepared without added fat.
5. Dietary supplements of medium chain triglycerides may be indicated in some cases.
6. Highly spiced foods and certain strong-flavored vegetables, though non-fat, are used cautiously because they may cause discomfort in some patients. Such vegetables include broccoli, brussels sprouts, cabbage, cauliflower, cucumbers, kale, melons, sweet potatoes, and turnips.
7. Protein should meet the Recommended Daily Allowance. This may be difficult because protein does not occur in many foods.
8. When *stentorrhoea* is present the absorption of fat-soluble vitamins and other nutrients may be impaired.

<b>FOOD</b>	<b>ALLOWED</b>	<b>NOT ALLOWED</b>
Beverages	Skim milk, low-fat buttermilk, low-fat chocolate drink, non-fat dairy milk, carbonated beverages, fruit drinks, coffee, tea, decaffeinated beverages	Cream, milk (chocolate, condensed, evaporated, 1%, 2%, whole, malted, shakes)
Breads	All enriched or whole grain bread or yeast rolls, bread sticks, graham crackers, melba toast, pretzels, matzoh, rye wafers, saltines	Quick breads, muffins, biscuits, pancakes, doughnuts, fritters, corn bread, fried corn bread, sweet rolls, hot breads unless made with very little fat
Cereals	All cooked or dry without fat	Bran (if causes distress), wheat germ
Desserts	All fruit, fruit whip, fruit pudding, gelatin, desserts made with egg whites, angel food cake, fruit ice, sherbet, plain pudding made with skim milk and/or egg whites, frozen yogurt, graham crackers, ginger snaps, vanilla wafers, low-fat baked goods	Dessert made with whole milk, cream, butter, lard, oil, coconut, nuts, chocolate
Eggs	One egg daily, egg whites as desired, cholesterol free egg substitutes	Eggs prepared with whole milk or fat
Fats	One teaspoon each meal or three teaspoons per day: butter, mayonnaise, margarine, oil (may be used in cooking if omitted at meals). Fat-free salad dressing and gravy	More than one teaspoon per meal. Bacon, bacon fat, fat back, ham fat, lard, salt pork, shortening, salad dressing and gravy (unless fat-free)
Fruits	All fresh, frozen or canned fruit or fruit juice except avocado, 1 citrus fruit every day	Avocado, any fruit that persistently causes distress

<b>FOOD</b>	<b>ALLOWED</b>	<b>NOT ALLOWED</b>
Meats, Fish, Poultry and Cheese	Remove visible fat from meat before cooking. Baked, broiled, boiled, roasted, stewed, simmered, lean fish, meat, poultry, seafood, and organ meat. Water packed salmon and tuna. Low-fat cottage cheese, skim milk cheese, part skim mozzarella, part skim ricotta, parmesan, farmers cheese, low-fat yogurt made with skim milk, tofu	All fried meats, poultry, or fish, fat meats, fat of meat, sausage, frankfurters, luncheon meat, fish canned in oil, eel, duck, goose, poultry skin, any spiced or pickled meat, cheese (except as listed), whole milk yogurt, peanut butter
Potatoes and Substitutes	Macaroni, noodles, rice, spaghetti, sweet or white potato, prepared without added fat unless used in the amount allowed	Cooked with fat or oil, fried potatoes, potato chips, cream sauces unless made with skim milk
Soups	Bouillon, cream soups made with vegetables and skim milk, fat-free meat and poultry soups	Soups or broth with fat, cream soups (unless made with skim milk)
Sweets	Honey, jam, jelly, marshmallows, molasses, sugar syrup candies, hard candies, gumdrops, jelly beans, plain mints, sour balls, fondants (all without fat)	Chocolate, coconut, nuts, caramels
Vegetables	All fresh, frozen or canned vegetables and vegetable juice (except those not allowed). Daily fat allowance may be used in preparation	Avocado, vegetables cooked in additional fat or oil, any which causes digestive distress
Miscellaneous	Herbs, lemon juice, pepper, salt, spices, vinegar, extracts, condiments such as ketchup, chili sauce, pickles and relish, cocoa powder	Nuts, olives

<b>SUGGESTED MEAL PLAN</b>			
<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	
<ul style="list-style-type: none"> <li>• Fruit or juice, ½ cup</li> <li>• Cereal, ½ to ¾ cup</li> <li>• Egg, 1</li> <li>• Bread/rolls, 2</li> <li>• Margarine, 1 tsp.</li> <li>• Jelly, 1 tbsp.</li> <li>• Skim milk, 1 cup</li> <li>• Coffee or tea, 1 cup</li> <li>• Sugar, 1 tbsp.</li> <li>• Salt, 1 packet</li> </ul>	<ul style="list-style-type: none"> <li>• Fat-free soup/juice/salad, ½ cup to ¾ cup</li> <li>• Lunch entrée, prepared without fat, 2 oz.</li> <li>• Starch, ½ cup</li> <li>• Dessert/fruit/gelatin, 1</li> <li>• Bread/rolls/crackers, 2</li> <li>• Margarine, 1 tsp.</li> <li>• Jelly, 1 tbsp.</li> <li>• Skim milk, 1 cup</li> <li>• Coffee or tea, 1 cup</li> <li>• Sugar, 1 tbsp.</li> <li>• Salt, 1 packet</li> </ul>	<ul style="list-style-type: none"> <li>• Fat-free fruit/juice/salad ½ to 1 cup</li> <li>• Dinner entrée, prepared without fat, 2 oz.</li> <li>• Starch, ½ cup</li> <li>• Vegetable, ½ cup</li> <li>• Dessert/fruit/gelatin, 1</li> <li>• Bread/rolls/crackers, 2</li> <li>• Margarine, 1 tsp.</li> <li>• Jelly, 1 tbsp.</li> <li>• Skim milk, 1 cup</li> <li>• Coffee or tea, 1 cup</li> <li>• Sugar, 1 tbsp.</li> <li>• Salt, 1 packet</li> </ul>	
<b>This suggested meal plan provides the following</b>			
Calories	2000	Fat	40g
Protein	65g	Carbohydrates	325g

Note: The 40g fat restricted diet may be adjusted for a 20g fat restricted diet by omitting the egg and 3 teaspoons of margarine or butter per day.