

Low Fat Diet

The low fat diet is recommended for some people with diseases in their digestive system. Eating less fat in the diet may help with diarrhea, gas, stomach pain or heartburn. This diet should only be followed at the recommendation of your doctor. Your doctor will tell you when you can return to eating your regular diet. You should see a dietitian if you are underweight.

Food Group	Recommended	Not Recommended
Beverages	Skim or 1% milk; juice, soft drinks, coffee, tea	Whole or 2% milk; cream
Meat or Protein Foods	Choose lean meat such as the round, flank and loin cuts of beef and pork; skinless chicken or turkey; fat-free deli meat; egg whites or egg substitutes (limit to 1 egg yolk daily); fish; low-fat or nonfat cottage cheese, cheese or yogurt. Eat no more than 5 to 6 ounces daily.	Sausage, hot dogs, bacon, ribs, pork steak, prime rib, fried meats, cheese made from 2% or whole milk
Breads, Cereals & Starches	Choose plain breads, rolls, noodles, rice, cereals; saltines or soda crackers; soft tortillas	Biscuits, muffins, pancakes, waffles, donuts, buttered popcorn, high fat crackers
Fruits & Vegetables	Choose any fresh, canned or frozen fruits. Choose any fresh, frozen or canned plain vegetables without added fat.	Potato chips, French fries, creamed vegetables, coconut
Desserts, Sweets	Choose sherbet, fruit ice, gelatin, angel food cake, vanilla wafers, graham crackers, fat-free puddings, nonfat ice cream & frozen yogurt. Sugar, jelly, jam, honey, syrup, marshmallow, hard candy, jelly beans, gum	Pie, cake, cookies, regular ice cream
Fat: Butter, Margarine, Salad Dressings, Cream, Oils, Cream cheese, Peanut butter, Mayonnaise, Sour cream, Dips	Limit portions to 1 teaspoon of regular or 1 tablespoon of reduced-fat with each meal. No limit on fat-free condiments.	
Avocado, nuts	Limit to 1 Tablespoon daily	

What else should I know about following this diet?

- Choose foods that are baked, broiled, roasted or grilled. You should not eat any food that has been fried or deep-fried. Trim visible fat from meats. Remove skin from poultry.
- Foods that are labeled "low fat" have no more than 3 grams of fat per serving.
- Fat-free foods have less than 0.5 gram of fat per serving.

What should I eat & drink at my meals? Try these sample menus for ideas:

Breakfast - Corn flakes with banana & skim milk, orange juice, toast, 1 teaspoon margarine & jelly, coffee & sugar

Lunch – 2 slices deli turkey on wheat bread with 1 Tablespoon low-fat mayonnaise, lettuce, tomato, gelatin with canned peaches, iced tea, fat-free pudding

Dinner - Grilled extra-lean hamburger on a bun with ketchup/mustard, mashed potatoes & 1 teaspoon margarine, green beans, skim milk & cantaloupe slice

Snack - Vanilla wafers and skim milk or pretzels and lemonade or fresh apple

Please call the St. Luke's Nutrition Center if you have questions – 319/369-7440.