

## Low Fat Diet

Food Group	Foods Encouraged	Foods Discouraged
<b>Meats</b>	<ul style="list-style-type: none"> <li>▪ Lean and medium fat meats, trimmed of fat.               <ul style="list-style-type: none"> <li>○ Beef: round, sirloin, flank, tenderloin</li> <li>○ Pork: ham, Canadian bacon, tenderloin</li> </ul> </li> <li>▪ Poultry, without skin.</li> <li>▪ Fish, Shellfish, Water-packed Tuna</li> <li>▪ Fat-free Cold Cuts and Frankfurters</li> <li>▪ Eggs, Egg whites as desired               <ul style="list-style-type: none"> <li>○ (Maximum of 4 whole eggs per week)</li> </ul> </li> <li>▪ Fat-free or 1% low-fat cottage cheese</li> <li>▪ Fat-free or low-fat cheese containing 5 grams of fat or less per ounce.</li> </ul> <p><u>Cooking Methods:</u></p> <ul style="list-style-type: none"> <li>▪ Bake, broil, roast or stew.</li> <li>▪ NO FRYING.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Regular Frankfurters, Cold Cuts</li> <li>▪ Sausage</li> <li>▪ Duck</li> <li>▪ Goose</li> <li>▪ Capon</li> <li>▪ Spareribs</li> <li>▪ Corned Beef</li> <li>▪ Canned Meat</li> <li>▪ Ground Beef w/more than 20% fat</li> <li>▪ Any fried meat</li> <li>▪ Commercially prepared hamburgers</li> <li>▪ Poultry skin</li> <li>▪ Meats with sauces, gravies, added fat or oil.</li> <li>▪ Peanut butter</li> <li>▪ Cheese or processed cheese containing more than 5 grams of fat per ounce.</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>▪ Fresh, frozen or canned vegetables prepared without fat or sauces.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Vegetables prepared with fat, cream sauce, or cheese sauce.</li> <li>▪ Any fried vegetable.</li> </ul>
<b>Fruits</b>	<ul style="list-style-type: none"> <li>▪ Fresh, frozen, dried, or canned fruits.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fruits served with whipping cream or sauces/dressings containing fat.</li> <li>▪ Limit avocado.</li> </ul>
<b>Soups</b>	<ul style="list-style-type: none"> <li>▪ Fat-free soups or any containing 1 gram of fat or less per serving.</li> <li>▪ Bouillon</li> <li>▪ Fat-free broth</li> <li>▪ Soups with base of skim milk</li> <li>▪ Dehydrated soups</li> </ul>	<ul style="list-style-type: none"> <li>▪ Soups with added fat or any containing more than 1 gram of fat per serving.</li> <li>▪ Commercial canned soup</li> <li>▪ Cream soup</li> <li>▪ Soups with base of whole milk</li> </ul>
<b>Milk</b>	<ul style="list-style-type: none"> <li>▪ Skim, 1/2% or 1% milk</li> <li>▪ 1% buttermilk</li> <li>▪ Nonfat dry milk</li> <li>▪ Fat-free yogurt</li> <li>▪ Fat-free sweetened condensed milk</li> <li>▪ Skim evaporated milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ 2% and whole milk</li> <li>▪ Buttermilk made from low-fat or whole milk</li> <li>▪ Regular sweetened condensed milk</li> <li>▪ Regular evaporated milk</li> <li>▪ Chocolate milk</li> <li>▪ Yogurt made from low-fat or whole milk.</li> </ul>
<b>Starches</b>	<ul style="list-style-type: none"> <li>▪ Starches prepared without fat</li> <li>▪ Starches containing 1-2 grams of fat or less per serving</li> <li>▪ White or whole grain breads</li> <li>▪ Melba toast</li> <li>▪ Crackers: Graham, Saltine, Ryekrisp, Matzos, Zwieback</li> <li>▪ Plain cereals</li> <li>▪ Low-fat or fat-free granola bars or cereals</li> <li>▪ Starchy vegetables</li> <li>▪ Rice</li> <li>▪ Pasta</li> <li>▪ Air-popped popcorn</li> </ul>	<ul style="list-style-type: none"> <li>▪ Starches containing more than 2 grams of fat per serving</li> <li>▪ Pancakes, Waffles</li> <li>▪ Biscuits, Muffins</li> <li>▪ Cornbread</li> <li>▪ Other quick breads</li> <li>▪ Donuts</li> <li>▪ Variety or Butter Snack crackers</li> <li>▪ French fries</li> <li>▪ Wheat germ</li> <li>▪ Regular granola bars or cereals</li> <li>▪ Any cereal with nuts or coconut</li> </ul>