

Low Fat Diet Guidelines

Fat is an essential nutrient that provides energy, transports vitamins throughout the body, and protects the body's major organs. A low-fat diet may be helpful in the treatment of gallbladder disease, pancreatitis, and fat malabsorption disorders.

One **Fat** serving =

- 1 teaspoon margarine
- 1 Tablespoon diet margarine
- 1 teaspoon vegetable oil
- 1 Tablespoon salad dressing
- 2 Tablespoons sour cream
- 4 Tablespoons light sour cream
- 1/8 of an avocado
- 10 small olives
- 10 peanuts
- 2 whole pecans
- 1 teaspoon mayonnaise or mayonnaise-type dressing
- 1 Tablespoon light mayonnaise or mayonnaise-type dressing