## LOW FAT DIET

<table>
<thead>
<tr>
<th>FOOD GROUP</th>
<th>FOODS ALLOWED</th>
<th>FOODS TO AVOID</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beverages</td>
<td>Skim or 1% milk, carbonated beverages (1 c/day), punch, Kool-Aid, Gatorade, cocoa (w/skim or 1% milk), coffee and tea (as tolerated). Decaf beverages recommended</td>
<td>Whole or 2% milk, buttermilk, cream, half &amp; half, most non-dairy creamers</td>
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<td>Breads &amp; Grains</td>
<td>White or wheat bread &amp; rolls, cooked or dry refined cereals, rice, spaghetti, pasta, noodles, plain crackers, unbuttered popcorn, bagels, English muffins, Whole grains recommended</td>
<td>Biscuits, pancakes, fritters, waffles, egg or cheese breads, sweet rolls, French fries, augratin or scalloped potatoes, pasta or rice in high fat, gravies and sauces, buttered popcorn</td>
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<td>Fruit/Juices</td>
<td>Fresh, frozen, canned or dried fruit juices</td>
<td>Any prepared w/coconut or foods not recommended</td>
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<td>Vegetables</td>
<td>Fresh, frozen, or canned veggies, *Gas forming veggies as tolerated (corn, broccoli, cabbage, cauliflower, onions, cucumber, etc)</td>
<td>Any prepared w/butter, cream, high fat sauces or gravies, salad dressings</td>
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<td>Meat</td>
<td>Baked, boiled, broiled, roasted lean meats: skinless chicken, &amp; turkey, Cornish hen, wild duck, fish, shellfish, pork tenderloin, lean ham, veal, venison, round and sirloin steaks, roast, filet mignon, ground round or sirloin, 95% fat free lunch meats, Egg whites or substitutes, limit yolk/day.</td>
<td>All fried meats or any cooked in a fatty roux/cream sauce, sausage, boudin, regular cold cuts, hot dogs, the skin on poultry, ground beef &amp; chuck, prime rib, porterhouse, T-bone, rib eye, or chuck steaks, roast, liver, spare ribs, veal cutlet, bacon, breakfast sausage, Fried eggs</td>
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<td>Dried, fresh, frozen or canned beans and peas as tolerated</td>
<td>Beans w/grease, lard, bacon or meat fat</td>
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Dairy  
1% or nonfat cottage cheese, low fat or nonfat cheese (2-5 g fat/ounce)  
2-4% fat cottage cheese, cream cheese, most cheese foods and spreads  

Soups  
Clear broth based soups, chicken or turkey noodle, chicken w/rice, gumbo w/dry roux and lean meats, (i.e. tasso instead of sausage, shrimp, skinless chicken, etc.)  

cream soups, gumbo, bisque  

Fats/Oils  
Low fat or fat free: margarine, mayo, salad dressings, sour cream (1tbl = 1 serving of these low fat items), use pump spray margarine  

Fried foods, gravies, regular salad dressing, mayo, cream, lard, sour cream, cooking oils  

Sweets/Desserts  
Sugar, syrup, honey, jelly, seedless jam, molasses, non-nutritive sweeteners, hard candies, low fat yogurt, plain cakes (angel food, sponge), plain cookies (animal or vanilla wafers), popsicles, sherbet, Jell-O  

Most cakes, cookies, candy, ice cream, chocolate bars, doughnuts  

Miscellaneous  
Butter-flavored granule, nonstick cooking sprays, herbs and spices  

SAMPLE MENU  

Breakfast: ½ c apple juice, ½ c grits/1 tsp margarine, 1 poached egg, 1 slice what toast, 1 c skim milk  

Lunch: 3 oz. roast beef, 6 in whole wheat sub, mustard, lettuce, tomatoes, onion, 1 apple, 1 c lite yogurt, 1 c iced tea  

Dinner: 3 oz. baked chicken, 2/3 c rice pilaf, 1 c breen beans, ½ c canned peaches, 1 c skim milk  

Nutrition counseling is available with a registered dietitian in the office.  

Please call (337) 232-6697 for information or to schedule an appointment.