

LOW FAT DIET

FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
Beverages	Skim or 1% milk, carbonated carbonated beverages (1 c/day) punch, Kool-Aid, Gatorade, cocoa (w/skim or 1% milk), coffee and tea (as tolerated). Decaf beverages recommended	Whole or 2% milk, buttermilk, cream, half & half, most non- dairy creamers
Breads & Grains	White or wheat bread & rolls, cooked or dry refined cereals, rice, spaghetti, pasta, noodles, plain crackers, unbuttered pop- corn, bagels, English muffins, Whole grains recommended	Biscuits, pancakes, fritters, waffles, egg or cheese breads, sweet rolls, French fries, au gratin or scalloped potatoes, pasta or rice in high fat, gravies and sauces, buttered popcorn
Fruit/Juices	Fresh, frozen, canned or dried fruit juices	Any prepared w/coconut or foods not recommended
Vegetables	Fresh, frozen, or canned veggies, *Gas forming veggies as tolerated (corn, broccoli, cabbage, cauli- flower, onions, cucumber, etc)	Any prepared w/butter, cream, high fat sauces or gravies, salad dressings
Meat	Baked, boiled, broiled, roasted lean meats: skinless chicken, & 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. Dried, fresh, frozen or canned beans and peas as tolerated	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 & chuck, prime rib, porterhouse, T-bone, rib eye, or chuck steaks, roast, liver, spare ribs, veal cutlet, bacon, breakfast sausage Fried eggs Beans w/grease, lard, bacon or meat fat

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 wheat 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 green 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.