



## LOW FAT DIET

**Purpose of the diet:** may be used for weight loss or to keep you from gaining weight. The diet may lower your cholesterol. Low fat diets can be helpful if you have problems absorbing or digesting fat and may decrease symptoms of diarrhea, bloating and cramping.

**Description of the diet:** a low fat diet encourages you to eat no fat or low-fat products in place of high fat items. A goal for fat should be 30 to 40 grams each day or 20% of calories you eat from fat.

### Guidelines:

- Use less fat in the foods you eat.
  - Limit margarine and butter, mayonnaise, bacon, shortening or lard, oil, and salad dressing.
  - Use low fat or no fat margarine, mayonnaise, and salad dressings.
  - Get condiments on the side at restaurants. Use sparingly.
  - Use spices to season foods rather than fats.
  - Eat plenty of vegetables, but do not use fat to cook them.
- Avoid high fat meats or meat substitutes.
  - Do not eat bologna, hot dogs, ham, bacon, sausage, Vienna sausage, meat packed in oil, fried meats and meat toppings for pizza.
  - Trim all visible fat before cooking.
  - Avoid gravies or sauces.
  - Limit egg yolks.
  - Broil, roast, grill, or boil meats instead of frying.
  - Eat lean meats like fish, chicken, and lean cuts of beef and pork.
  - Use low fat peanut butter or natural peanut butter.
- Avoid high fat dairy products.
  - Do not use whole milk, ice cream, cream or half and half, and regular cheese.
  - Use 2%, 1%, or skim milk, low fat ice cream and low fat cheese.
- Avoid high fat breads or desserts.
  - Do not eat doughnuts, croissants, cakes, cookies and pies.
  - For dessert, snack on fresh or dried fruits, angel food cake, and vanilla wafers.
- Avoid other high fat items like avocado, potato chips, buttered popcorn, and French fries.
  - Snack on pretzels, low fat chips or popcorn with no butter.
- For frozen and canned dinners, buy only those with less than 300 calories and less than 10 grams of fat.