

Low Fat Diet

For a regular healthy diet, it is recommended that of the total calories eaten, no more than 30% should come from fat. However, certain diseases and medical conditions can make it difficult for the body to tolerate even that much fat, so a low-fat diet may help people with these conditions.

Gallbladder Disease: Bile secreted from the gallbladder helps the body break down and absorb fats. When gallstones or gallbladder diseases are present, a low-fat diet is often used to prevent complications.

Delayed stomach emptying (Gastroparesis) is a condition in which the stomach empties food into the intestine too slowly. This can cause bloating, nausea, and even vomiting. Normally, fat in foods delays stomach emptying, so fats make gastroparesis worse.

Diarrhea can be caused by many conditions. When it occurs, it can be aggravated by eating fatty foods.

Malabsorption of nutrients: Absorption is the transfer of nutrients into the bloodstream from the intestine. In some diseases of the pancreas and small intestine, patients have trouble absorbing nutrients from the diet, including fat. A low-fat diet may help to control symptoms until the cause of malabsorption can be diagnosed.

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Nutrition Facts

In most cases, this diet provides all the nutrients required by the National Research Council's Recommended Dietary Allowances (RDA). In some cases, however, the physician may prescribe supplements. Women of childbearing age and those people with malabsorption may need to take certain vitamin and/or mineral supplements.

Special Considerations

1. Be careful how foods are prepared. Trim all visible fat from meats. Bake, steam, or broil meats and fish instead of frying. Toppings for potatoes and pastas should contain no fat above the three allowed daily servings.
2. This low-fat diet should be used until the underlying medical condition is controlled or corrected. The physician will give any individual instructions, and tell you when you no longer need to use the low-fat diet.

Food Groups

Group	Recommend	Avoid
Milk & milk products (2 or more cups daily)	skim milk, evaporated skim milk, skim buttermilk, nonfat sour cream, yogurt made with skim milk (3 gms fat or less/oz, maximum of 3 oz/day), fat-free cheeses, low-fat cottage cheese, part skim mozzarella cheese, part skim or skim ricotta cheese	whole milk, cream, sour cream, non-dairy creamer, whole milk cheese, cheese spreads
Bread & grains (4 or more servings daily)	whole grain and enriched breads, cold cereal, whole grain cereals (except granola), saltines, soda crackers, low-fat snack crackers, rice cakes, unbuttered popcorn, low-fat muffins, plain pasta, barley, oatmeal, home-made pancakes without fat, French toast made with egg substitute and skim milk	breads containing egg, cheese, or made with fat; biscuits; sweet rolls; pancakes; French toast; doughnuts; waffles; fritters; muffins; granola-type cereals; snack crackers; potato chips; packaged stuffing; fried rice; chow mein noodles

Sample Menu

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> ▪ grapefruit 1/2 ▪ dry cereal 3/4 cup ▪ banana 1/2 ▪ whole wheat toast 2 slices ▪ margarine 2 tsp ▪ jelly or jam 1 Tbsp ▪ skim milk 1 cup ▪ coffee 3/4 cup 	<ul style="list-style-type: none"> ▪ fat free vegetable soup 1 cup ▪ lean hamburger 2 oz ▪ mozzarella cheese made with skim milk 1 oz ▪ hamburger bun ▪ sliced tomato ▪ lettuce ▪ fresh fruit salad 1/2 cup ▪ angel food cake 1 slice ▪ skim milk 1 cup ▪ coffee 3/4 cup 	<ul style="list-style-type: none"> ▪ tomato juice 1/2 cup ▪ broiled chicken breast without skin 3 oz ▪ herbed rice 1/2 cup ▪ broccoli 1/2 cup with low fat cheese sauce 1/4 cup ▪ hard dinner roll ▪ margarine 1 tsp ▪ carrot/raisin salad 1/2 cup ▪ low fat frozen strawberry yogurt 1/2 cup ▪ skim milk 1 cup

This Sample Diet Provides the Following

Calories	2060	Fat	50 gm
Protein	110 gm	Sodium	4000 mg
Carbohydrates	299 gm	Potassium	4245 mg