

Low Fat Eating Plan

If you have gallbladder disease, pancreatitis, or another síndrome de malabsorción, you might have a hard time digesting and absorbing fat. A low fat diet should be used to prevent or treat symptoms like diarrhea, bloating, or cramping and to help you absorb important nutrients from your diet.





The low fat diet is designed to limit total daily fat to 50 grams per day. When you are experiencing symptoms, meat choices should be limited to 5 ounces per day, and no selections are allowed from the fat and oil food group (see list below). All foods need to be prepared without the use of fat.

Dietitian: _____



Phone: _____

Facility: _____

FOOD GROUP	FOODS RECOMMENDED	FOODS TO AVOID
<p>Milk and milk products</p> 	<ul style="list-style-type: none"> • Skim, low-fat (1%) milk or buttermilk • Fat-free to low-fat yogurt and cottage cheese • Fat-free and low-fat cheese • Fat-free frozen yogurt and ice cream 	<ul style="list-style-type: none"> • Whole or 2% milk, buttermilk, or chocolate milk • Cream, half and half • Regular yogurt • Sour cream, cream cheese • High-fat cheeses such as cheddar, blue, Monterey, provolone, Swiss, Colby, gouda, or regular cottage cheese • Regular ice cream
<p>Fruits</p> 	<ul style="list-style-type: none"> • Fresh, frozen, canned, or dried fruit, and fruit juice 	<ul style="list-style-type: none"> • Fruit served with butter or cream
<p>Vegetables</p> 	<ul style="list-style-type: none"> • Fresh, frozen or canned vegetables prepared without fats, oil, or fat-containing sauces • Vegetable juice 	<ul style="list-style-type: none"> • Vegetables prepared with butter, cream, or cheese sauce • Fried vegetables

FOOD GROUP	FOODS RECOMMENDED	FOODS TO AVOID
<p>Meats and Meat Substitutes</p> 	<ul style="list-style-type: none"> • Lean cuts of beef and pork (round, sirloin, or tenderloin cuts, extra lean hamburger) • Skinless poultry • Fresh or water-packed fish • Beans and legumes prepared without fat • Egg whites or egg substitutes • Cold cuts or deli meat that are 95% fat free 	<ul style="list-style-type: none"> • Any fried, fatty, or heavily-marbled beef, pork, poultry, or fish • Poultry with skin • Sausage, salami, pepperoni, bologna • Bacon • Hot dogs • Whole eggs and egg yolks • Organ meats
<p>Breads, Grains</p> 	<ul style="list-style-type: none"> • Whole-grain breads (without nuts) • Fat-free muffins or other specialty breads • Hot and cold cereal without nuts • Low-fat crackers such as saltines and pretzels, and unbuttered popcorn 	<ul style="list-style-type: none"> • High-fat bakery products such as donuts, biscuits, croissants, pastries, sweet rolls, and cookies • Breads made with egg or cheese • Granola • Buttered popcorn • Snack crackers or mixes made with added fat
<p>Potatoes and Substitutes</p> 	<ul style="list-style-type: none"> • Potatoes • Rice • Barley • Noodles, spaghetti, macaroni, other pastas prepared without added fats, oil or fat-containing sauces 	<ul style="list-style-type: none"> • Fried potatoes • Fried rice • Potato chips • Chow mein noodles
<p>Soups</p> 	<ul style="list-style-type: none"> • Fat-free broth and vegetable soup • Cream soup made with skim milk • Packaged dehydrated soups 	<ul style="list-style-type: none"> • Soup made with high fat meats, cheeses, whole milk, 2% milk, heavy cream, or half and half

FOOD GROUP	FOODS RECOMMENDED	FOODS TO AVOID
<p>Fats and Oils</p> <p>Amounts listed equal 1 serving. Limit to 3-5 servings/day.</p> <p>Fat-free products (i.e. cream cheese, sour cream) can be used without restriction</p> 	<ul style="list-style-type: none"> • Avocado: 1/8 medium or 2 tablespoons. • Margarine: <ul style="list-style-type: none"> – Regular: 1 teaspoon – Diet: 1 tablespoon • Mayonnaise: <ul style="list-style-type: none"> – Regular: 1 teaspoon – Diet: 1 tablespoon • Salad Dressing: <ul style="list-style-type: none"> – Regular: 1 teaspoon – Diet: 1 tablespoon • All types oil: 1 teaspoon • Almonds: 6 whole • Cashews: 1 tablespoon or 2 whole • Pecans: 2 whole • Peanuts: 20 small or 10 large • Walnuts: 2 whole • Pistachio: 18 whole • Other nuts: 1 tablespoon • Seeds: 1 tablespoon • Bacon: 1 strip • Bacon fat: 1 teaspoon • Butter: 1 teaspoon • Cream Cheese: 1 tablespoon • Lard/shortening: 1 teaspoon • Sour cream: 2 tablespoon • Olives: 10 small or 5 large • Peanut butter: 2 teaspoons 	<ul style="list-style-type: none"> • Any in excess of amounts prescribed • If the fat is not listed, can use 1 tsp per serving as a general guideline.
<p>Beverages</p> 	<ul style="list-style-type: none"> • Water • Skim milk • Juices • Sports drinks • Soda • Black coffee • Tea • Fat-free hot chocolate made with skim milk or water 	<ul style="list-style-type: none"> • 1%, 2%, or whole milk • Egg nog • Milkshakes • Smoothies with added fat • Specialty coffees or teas • Regular hot chocolate

FOOD GROUP	FOODS RECOMMENDED	FOODS TO AVOID
<p>Sweets and Desserts</p> 	<ul style="list-style-type: none"> • Sherbet or fruit ice • Gelatin • Plain angel food cake • Vanilla wafers, lady fingers, arrowroot cookies, graham crackers • Meringues • Specialty fat-free desserts (cakes, cookies, etc. – read labels) • Puddings made with skim milk • Sugar, honey, jelly, jam, marmalade, molasses, and maple syrup • Sour balls, gum drops, jelly beans, marshmallows, hard candy • Cocoa powder, chocolate syrup (fat-free) 	<ul style="list-style-type: none"> • Puddings made with whole milk • Candy made with chocolate, cream, cocoa fats, nuts, coconut, caramel, etc. • High-fat bakery products such as Cream puff, turnovers, donuts, biscuits, croissants, pastries, sweet rolls, and cookies
<p>Condiments</p> 	<ul style="list-style-type: none"> • Ketchup • Chili sauce • Vinegar • Pickles • Vanilla • Unbuttered popcorn • White sauce made with skim milk and no fat • Herbs, and spices • Gravies prepared without fat 	<ul style="list-style-type: none"> • Regular gravy • Cream sauces • Buttered popcorn • Snack crackers and chips that are not fat-free • Fat-containing foods in excess of allowed amounts

Label Hints

- **Fat Free** – Less than 0.5 grams of fat per serving.
- **Low Fat** – 3 grams or less of fat per serving, not more than 30% of calories from fat.
- **Reduced Fat** – 25% less fat than the original version of the product.

Sample Meal Plan

Approximately 36 grams of fat

Breakfast	2 egg whites cooked with non-stick spray ½ cup oatmeal made with 1 cup skim milk 2 slices whole wheat toast with 2 tsp. jam ½ cup orange juice
Lunch	1 cup chicken noodle soup Turkey sandwich: 2 slices whole wheat bread, 2 oz. turkey, mustard, fat-free dressing, lettuce, tomato 8 baby carrots with 1 tbsp. fat-free ranch 1 apple 1 cup skim milk
Snack	½ cup pretzels
Dinner	3 oz. lean roast beef 1 cup baked potato with fat-free sour cream, chives ½ cup green beans 1 whole wheat dinner roll with 2 tsp margarine 1 orange ½ cup pudding made with skim milk

Special Instructions



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This handout is intended for use during an appointment with a registered dietitian only, and is not meant for use by other clinicians.

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