

NUTRITION INFORMATION FROM YOUR DIETITIAN

Chyle Leak Eating Plan

Chyle [KY-uhl] is a fluid that is made by your intestines when you eat fat. It moves from the intestines to the lymphatic system and from the lymphatic system to the blood. Sometimes when there is an injury or surgery to the neck or chest, chyle leaks out of the lymphatic system and can build up, causing problems.

As part of your medical treatment for a chyle leak, you may need to follow a high protein, very low fat diet for a short period of time, around 3 weeks or less. When you eat less fat, your body makes less chyle and the leak is able to heal. The goal is to eat and drink as little fat as you can. This handout will help you figure out which foods and drinks are safe.

This eating plan is typically recommended for 7 to 10 days. In some cases, you may need to stay on it longer. If your doctor tells you to stay on this diet for more than 3 weeks, you need to meet with a Registered Dietitian Nutritionist to make sure you do not lose too much weight or develop any nutrient deficiencies. An oral (by mouth) multivitamin should be taken along with changes to your diet.

In the Table below, note that “FF” means “fat-free” or 0.5 grams of fat or less per serving. You may have to eat less than you normally would of some foods to stay at this low-fat level. Check the **Nutrition Facts Label** of the food product

Dietitian: _____


Phone: _____

Facility: _____

FOOD GROUP	FOODS RECOMMENDED	FOODS TO AVOID
<p>Milk and Dairy Products</p> 	<p>Fat-free dairy products including:</p> <ul style="list-style-type: none"> • Cottage cheese • Yogurt (Greek yogurt has higher protein than regular yogurt.) • Frozen yogurt • Milk • Sour cream • Carnation Instant Breakfast 	<p>Low fat or full fat dairy products, including:</p> <ul style="list-style-type: none"> • Cheese • Cottage cheese • Cream cheese, • Frozen yogurt • Ice cream • Milk (Soy, rice, cow) • Eggnog • Sour cream • Fat-containing creamers




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FOOD GROUP	FOODS RECOMMENDED	FOODS TO AVOID
<p>Breads, Starches and Cereals</p> 	<ul style="list-style-type: none"> • Air-popped popcorn • Fat-free items, such as: <ul style="list-style-type: none"> – Cold cereals, without nuts – Crackers – Muffins, without nuts – Rice cakes • Sandwich bread (wheat or white) with no more than 0.5 grams fat / serving • Specialty, fat-free bread products • Fat-free noodles (spaghetti, macaroni and other pastas) prepared without added fats, oil or fat-containing sauces • Rice • Sweet potatoes • White potatoes • Yams • Fat-free cold cereals without nuts • Cream of Wheat 	<ul style="list-style-type: none"> • Biscuits, doughnuts, or muffins • Buttered croutons • Buttered or microwave popcorn • Corn bread, Hawaiian bread, egg or cheese bread • Sweet (quick) breads • Rolls • Pastries and desserts • Popovers • Fritters • Tortillas • Stuffing • Pancakes or waffles • Snack chips, cheese puffs, or crackers • Chow mein noodles • Fried potatoes • Fried rice • Potatoes or rice topped with butter • Cereals with nuts, cereals with more than 0.5 grams fat per serving • Granola-type cereals
<p>Fruits</p> 	<ul style="list-style-type: none"> • Fresh, frozen or canned fruit • Fruit juice and nectars • Jelly and fruit spreads • Raisins, dried cranberries, other dried fruits 	<ul style="list-style-type: none"> • Avocado • Coconut • Olives
<p>Vegetables</p> 	<ul style="list-style-type: none"> • Pickles • Plain fresh, frozen, or canned vegetables (no butter, oil, or meat added) • Fat-free tomato sauce or paste • Vegetable or tomato juice 	<ul style="list-style-type: none"> • Vegetables with added fats, such as: <ul style="list-style-type: none"> – Butter – Bacon – Nuts – Most sauces – Fried Vegetables

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FOOD GROUP	FOODS RECOMMENDED	FOODS TO AVOID
<p>Meats and Meat Substitutes</p> 	<ul style="list-style-type: none"> • Beans prepared without added fat (limit to ½ cup per day): black, pinto, kidney, white, lima (butter beans) • Egg substitutes and egg whites • Fat-free hot dogs • Lean fish such as light tuna in water, fillet of cod, Alaskan pollock, perch, halibut • Lentils • Fat-free luncheon meat • Fat-free refried beans • Fat-free veggie burgers • White meat chicken with skin removed, fat trimmed, prepared without oil or butter 	<ul style="list-style-type: none"> • All other meats (beef, pork, turkey, other cuts of chicken, fish) • Canned meats in oil • Nuts and seeds • Peanut butter or other nut butters • Soybeans, edamame, tofu • Whole eggs
<p>Fats and Condiments</p> 	<ul style="list-style-type: none"> • Barbeque sauce • Herbs and spices (no restrictions) • Hot sauce • Ketchup • Mustard • Relish • Fat-free salad dressing • Fat-free salsa • Soy sauce • Syrup 	<ul style="list-style-type: none"> • Butter • Fatback • Lard • Margarine • Mayonnaise (including low fat) • Oils • Regular salad dressing • Cream sauce • Gravy • Sandwich spreads • Fry sauce
<p>Soups</p> 	<ul style="list-style-type: none"> • Fat-free broths and soups 	<ul style="list-style-type: none"> • Regular bouillon, broth, or consommé • Regular canned or dehydrated commercial soups. • Creamed soups

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<p>Beverages</p> 	<ul style="list-style-type: none"> • Coffee, tea • Fruit juices, nectars • Gatorade, sports drinks • Lemonade • Soft drinks 	<ul style="list-style-type: none"> • Beverages made with low fat or full fat dairy products • Specialty coffee drinks • Chocolate milk
<p>Desserts and Miscellaneous</p> 	<ul style="list-style-type: none"> • Fat-free animal crackers • Chewing gum • Fat-free cookies • Fat-free Cool Whip • Fat-free creamers • Fat-free frozen juice bars or popsicles • Gelatin • Gummy candy • Hard mints • Italian ice • Jelly candy • Licorice • Fat-free sorbet 	<ul style="list-style-type: none"> • Any dessert made with butter, oil, low fat or full fat dairy, whipped cream, Cool Whip • Coconut • Cake • Doughnuts • Chocolate • Milkshakes • Ice cream • Pie • Brownies and bars • Danish or pastries

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Fat Free Protein Sources

Product	Serving Size	Protein (grams)
Egg Beaters®	¼ cup	6
Better n'Eggs®	¼ cup	5
Egg whites, separated, cooked	2	7
Powdered egg whites	1 tablespoon	11.5
Egg white (Bob's Red Mill®)	2 teaspoon	3
Just Whites® (Deb EL)	2 teaspoon	3
Fat free luncheon meat	1 ounce	6
Extra light tuna	3 ounce	20
Cod fish fillet	3 ounce	20
Fat-free soy burger or meat substitute patty	1 patty	8 – 13
Fat free milk	8 ounces	8
Non-fat dry milk powder	3 tablespoon	10
Non-fat cheese	1 ounce	8
Evaporated skim milk	½ cup	9
Non-fat cottage cheese	½ cup	13
Non-fat yogurt (plain)	8 ounce	12
High protein broth (Bernard® 1-800-323-3663)	1 cup	10
High protein gelatin (Bernard® 1-800-323-3663)	½ cup	12
High protein egg whites (Bernard® 1-800-323-3663)	1 tablespoon	5
UNJURY® Unflavored Whey Protein (1-800-517-5111)	1 scoop	20
Pro-Stat® (Medical Nutrition USA, Inc. 1-800-221-0308)	2 tablespoons	15
Beneprotein® (Nestle 888-240-2713)	1 scoop	6
Fat-free refried beans	½ cup	6
Fat-free black beans	½ cup	6

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Fat Free Shake and Smoothie Recipes

For all recipes, place ingredients in a blender and blend until smooth.

Basic Smoothie

½ cup fat-free vanilla yogurt or other
FF yogurt flavor (such as lemon, key lime,
strawberry, etc.)
1 small ripe banana
¼ cup skim milk

Banana – Apple

½ small banana
½ cup fat-free cottage cheese
¼ cup apple juice

Strawberry Cheesecake Shake

(not sweet)
6 to 7 strawberries
½ cup fat-free milk
½ cup fat-free cottage cheese
Honey to taste

Fruit and Cream

½ cup fat-free milk
½ cup fat-free vanilla ice cream
½ cup canned fruit in heavy syrup
(peaches, apricots, pears)

Strawberry Yogurt Frappe

1 tablespoon strawberry syrup or other flavoring
½ cup fat-free vanilla yogurt
½ cup fat-free milk
¼ cup orange juice

Peach Plus

½ peach, canned
¼ cup fat-free vanilla yogurt
¼ cup fat-free milk
Dash vanilla and nutmeg

Juice Shake

¾ cup pineapple juice (or other juices)
¼ cup fat-free egg substitute
(optional for more protein)
1 ½ cup fat-free vanilla ice cream

Sherbet Drink

½ cup fat-free milk
½ cup fat-free sherbet or sorbet
Almond or vanilla extract to taste
Blend all ingredients and chill well before serving.

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Create your own fat-free smoothie

Each of the ingredients must be fat free. If a recipe calls for ice cream, yogurt, or milk, be sure to use fat-free versions only.

- Use frozen fruit or ice cubes for a frosty, refreshing treat
- Add or subtract liquid ingredients for the consistency you like best
- Add plain water or crushed ice for thinner smoothies. This will decrease the calorie content per portion.
- Begin with the following recipe. Choose the flavors and fruits you like best!
 - 1 cup frozen or fresh fruit
 - 1 small frozen banana (optional)
 - ½ cup fat-free yogurt or fat-free ice cream
 - ½ cup fruit juice or skim milk
 - 1 tablespoon honey or sugar (optional)
 - Optional: Cinnamon, nutmeg, cloves, ginger, or vanilla extract – add for a twist in flavor

Don't want to make your own?

Check out these:

- If you are interested in purchasing smoothies, check out Jamba® All Natural Smoothies. They are fat free and come in 3 flavors. They can be purchased at most Target® or Walmart® Superstores. Go online for other stores near you: athomesmoothies.com
- Try your local smoothie restaurant and request a listing of their fat free selections.

Sources

University of Virginia Health Systems: ginutrition.virginia.edu

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