

Gastroenterology and Internal Medicine Specialists, S.C.

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LOW FAT DIET (40-45 g. Fat)

This diet may be indicated in the diseases of the liver, gallbladder or pancreas in which disturbances of digestion and absorption of fat may occur.

This diet is adequate in all nutrients when food selections are based on the Basic Four Guidelines.

1. **Limit lean meat and cheese intake to 6oz per day.**
2. **Limit fat to 3 servings per day. This includes fat used in preparation and added to food.**
3. **Limit dairy choices to skim milk products.**
4. **Omit gas producing vegetables.**

FOOD GROUPS	FOODS ALLOWED	FOOD OMITTED
Milk and Milk Products (2 or more servings daily)	Skim milk, buttermilk and yogurt made with skim milk, powdered skim milk, evaporated skim milk, low-fat cottage cheese, low-fat cheese, mozzarella part skim	Cream; any beverage made with ice cream, ice milk, whole milk, 2% milk, egg or chocolate. High-fat cheeses such as Swiss and American
Fruit and Fruit Juices (2 or more servings daily)	All except avocado	Any not tolerated by the individual such as fruits with seeds and skins, melon, raw apple, avocado
Vegetables (2 or more servings daily)	All	Any not tolerated by the individual patient such as the cabbage family, onion, cucumber, radishes, corn, green pepper, sauerkraut
Breads, Cereals, Starches (4 or more servings daily)	Basic yeast bread as white, wheat, rye, buns, hard rolls, bagels, french bread, saltines, rice cakes, flour tortillas, rice, macaroni, potatoes, spaghetti, barley, noodles	Hot Breads, muffins, sweet rolls, biscuits, popovers, breads containing seeds, dinner rolls, party crackers, corn chips, doughnuts, pancakes, waffles, french toast, french fries, potato chips

FOOD GROUPS	FOODS ALLOWED	FOOD OMITTED
Soup	Fat-free broth or soup made from allowed foods	Cream soups unless made with skim milk.
Meat and Meat Substitutes (6oz daily)	Limit to 6 oz meat per day. Bake and Broil: beef, pork, lamb, trimmed ham, veal, fish (frozen, fresh or canned in water), shellfish, poultry without skin. Limit egg to 3/week. Soybeans and other meat substitutes as desired, egg whites	Fried Meat, fatty meat such as bacon, corned beef, luncheon meat, hot dogs, duck, goose, tuna in oil, sardines or mackerel, fried eggs
Fat	Three fat servings per day including that used in cooking sauces and casseroles. Vegetable pan spray can be used as desired. The following can be used as 1 fat serving: 1 tsp butter or margarine 1 Tbsp salad dressing 1 slice of bacon 2 Tbsp table or sour cream 1 Tbsp cream cheese 1 tsp vegetable oil 1 tsp mayonnaise 1 ½ tsp peanut butter	Gravy, fatty sauces and all other fats in excess of 3 tsp
Sweets	Sugar, honey, jelly, pure sugar, candy, molasses, gum, marshmallows	Chocolate candy and creams, coconut
Beverages	Coffee, tea, decaffeinated coffee, carbonated beverages, fruit drinks and punches	None
Desserts	Allowed fruit, gelatin dessert, simple puddings made with skim milk, fruit ice or sherbet, angel food cake, arrowroot cookies, vanilla wafers, sponge cake, popsicles, non-fat yogurt, frozen yogurt, sorbet	Any containing nuts, chocolate, cream, pastry, ice cream, ice milk, rich puddings, pie, yogurt from whole or low-fat milk
Miscellaneous	Seasonings in moderation	Nuts, salad dressing, creamed or fried food, pepper, olives