

# Low-fat Diet

## Beverages

- **Allowed:** coffee, tea, decaffeinated coffee, skim milks (including fluid, powdered and evaporated skim, skim buttermilk and chocolate skim milk made with cocoa), 1 percent milk, fruit juices and fruit drinks, vegetable juices and carbonated beverages.
- **Avoid:** whole milk and whole milk products (including fluid, condensed, evaporated and chocolate milks), 2 percent milk, malted milks, eggnog and milkshakes.

## Breads

- **Allowed:** enriched white, whole wheat, rye, oatmeal, French and Italian breads; English muffins; plain dinner rolls; hamburger and hot dog rolls; saltines; graham crackers and matzo.
- **Avoid:** breads made with large amounts of fat, waffles, pancakes, muffins, biscuits, donuts, sweet rolls and party crackers.

## Cereals

- **Allowed:** all cereals. Choose low-fat granola.
- **Avoid:** all full-fat granola-type cereals.

## Desserts

- **Allowed:** fruits, fruit ices, sherbet made with skim milk, gelatins, meringues, angel food cake, arrowroot cookies, puddings made with skim milk and egg white or egg substances, homemade baked goods made with allowed foods.
- **Avoid:** all desserts made with fat above your allowance, all desserts made with whole or 2 percent milk, butter, shortening, cream, egg yolk or chocolate.

## Fats

- **Allowed:** Choose a total of 3 each day from the following list:
  - mayonnaise
  - 1 tablespoon salad dressing
  - 2 tablespoons light coffee cream
  - 5 small ripe olives
  - $\frac{1}{8}$  small avocado.
- **Avoid:** any fats in excess of your prescribed allowance.

## Fruits

- **Allowed:** all fruits and fruit juices except avocado.
- **Avoid:** avocados except as allowed under the “fats” category.

## Meats and Meat Substitutes

- **Allowed:** limit to 6 ounces cooked weight each day. Prepare meats and meat substitutes by baking, broiling, stewing or simmering without adding fat. Choose from lean-appearing poultry, fish and shellfish. You may eat 1 egg a day (including what you use in cooking), egg whites, uncreamed cottage cheese, 99 percent fat-free cheese, ½ cup creamed cottage cheese as a substitute for 1 ounce of meat, and skim milk yogurt.
- **Avoid:** prime grade meats; heavily marbled or fatty meats; hot dogs, sausage, lunch meats and bacon above what is allowed under the “fats” category; fried meats; duck and goose; meats and fish packed in oil; pre-prepared frozen and canned meats and main dishes; more than one egg a day; and all other cheeses.

## Potatoes and Substitutes

- **Allowed:** white and sweet potatoes, rice and pasta products made without added fat, and creamed and mashed potatoes made without added fat.
- **Avoid:** fried potatoes; all prepared products that contain fat, cream sauce or cheese sauce; potato chips; and chow mein noodles.

## Soups

- **Allowed:** broth, bouillon, dehydrated soups, homemade broth soups with the fat removed and homemade cream soups made with skim milk and no fat.
- **Avoid:** all other soups.

## Sweets

- **Allowed:** jam, jelly, honey, marmalade, sugars and syrups, sugar candies (such as gumdrops, hard candies and jelly beans), marshmallows and non-chocolate mints.
- **Avoid:** buttered syrups and candies that have chocolate, nuts, coconut, cream, butter, shortening or fat of any kind.

## Vegetables

- **Allowed:** any fresh, frozen or canned vegetables made without added fat.
- **Avoid:** commercially prepared vegetables made with added fat, butter, cream sauce or cheese sauce; and fried vegetables.

## Miscellaneous

- **Allowed:** all seasonings and condiments, gravy made with fat-free broth, and cocoa powder.
- **Avoid:** nuts and peanut butter except as allowed under the “fats” category, and gravy that contains fat.