



**California Division North
Nutritional Services
Diet - Menu**

**Subject/Title: LOW FAT DIET
Order As: LFAT**

GOALS OF DIETARY MANAGEMENT:

To provide adequate nutrition while reducing the amount of fat in the diet. May be indicated for use in gallbladder or pancreatic disease.

DIET PRINCIPLES:

The foods recommended are low in fat. Daily fat is limited to 40-50 grams of fat.

ADEQUACY:

This diet is adequate depending on individual food selections and intake. Supplements may be added to help patient reach nutritional adequacy within the prescribed diet.

GENERAL INFORMATION:

Low fat foods include skim milk, skim milk products, lean meat, poultry and fish.

GUIDELINES:

FOOD GROUP	FOODS TO USE	FOODS TO AVOID
MILK	Skim Milk, Non Fat Dry Milk, Skim Milk Yogurt, Buttermilk	Whole Milk, Low Fat Milk, Cream, Chocolate, Evaporated Milk, Condensed Milk, Regular Or Low Fat Yogurt, Ice Cream, Chocolate Milk
MEAT PROTEIN	6 Oz. Cooked Weight Per Day Fish, Poultry w/o Skin, Lean Beef, Beans, Legumes, Skim Milk Cheese	Meat Heavily Marbled With Fat, Such As Bacon, Sausage, Processed Meats, Duck, Goose, Poultry Skin, More than 1 Egg/Day, Cream Cheese, Any Cheese Not On Food Allowed List

STARCHES	English Muffins, Hard Rolls, Crackers, Matzoth, Melba Toast, Pretzels, Rusk, Saltines, Plain Popcorn, Pasta, Rice, Corn, Potatoes, Dried Beans, Peas	Muffins, Biscuits, Rolls (Dinner), Sweet Rolls, Pastry, Doughnuts, Pancakes, Waffles, Cheese & Butter Flavored Crackers, French Fried Potatoes, Potato & Corn Chips, Egg Noodles, Granola, Wheat Germ
VEGETABLES	Any Vegetable With No Added Fat	Any Vegetable Prepared With Fats
FRUITS	All Except Avocado	Avocado
FATS/OIL	3 Teaspoons Equivalents	More Than 3 Tsp. Equivalents, Nuts, Olives, Gravies, Salad Dressing, Whipped Cream
SOUP	Fat Free: Broth, Bouillon Any Made With Skim Milk	Commercial Soup & Soups Made With Fat, Cream, Whole Or Low Fat Milk
SWEETS/ DESSERTS	Fruit, Gelatin, Angel Cake, Sherbet, Popsicle, Pudding Made With Skim Milk, Jam, Plain Sugar	Ice Cream, Pie, Cake, Chocolate, Cream, Nuts Butter Candy, Coconut, Nut Butters, Donuts, Sweet Rolls, Candies, Pastries
BEVERAGES	Any Except Those Listed To Avoid	Hot Chocolate Mixes, Flavored Coffee Powders, Alcohol

SAMPLE MENU

<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
Orange Juice Egg Substitute Or 2 Whole Eggs/Wk Cornflakes Bread Margarine Jelly 1 Cup Non-Fat Milk	Unsalted Soup 3 Oz. Lean Beef Baked Potato Carrots Bread Margarine Apple 1 Cup Non-Fat Milk	3 Oz Baked Chicken - No Skin Rice Broccoli Roll Margarine Fruited Gelatin Coffee/Tea