

Fat-Controlled Diet

Why follow a fat-controlled diet?

You need a fat-controlled diet if you have trouble digesting or absorbing fat. This diet will help prevent uncomfortable side effects, such as diarrhea, bloating, and cramping, that may occur when you consume high-fat foods. In addition, eating too much fat may interfere with the absorption of other important nutrients in your diet.

Dietitian name
Phone Number



AMERICAN DIETETIC ASSOCIATION

IMPORTANT POINTS TO KEEP IN MIND

- Scan cookbooks for low-fat cooking tips and low-fat recipes.
- Convenience foods such as frozen and canned dinners are unusually high in fat. Read food labels carefully and look for high-fat ingredients, such as cheese, oil, shortening, and butter or margarine. Look for "light" frozen dinners with less than 300 calories and less than 10 grams of fat.
- Use fat-free items sparingly. Some contain very small amounts of fat. Contact the manufacturer for the specific fat content.
- When dining out, ask for sauces or salad dressings on the side and use sparingly.

NOTES:

SAMPLE MENU FOR A FAT-CONTROLLED DIET (50 grams of fat)

BREAKFAST

Orange juice (½ cup)
Whole-grain cereal (½ cup)
Banana (1 medium)
Whole-wheat toast (2 slices)
Diet margarine (1 tbsp)
Jelly or jam (1 tbsp)
Fat-free milk (1 cup)
Coffee or tea

LUNCH

Fat-free vegetable soup
(1 cup)
Saltine crackers (4)
Lean roast beef (3 oz)
Whole-wheat bread (2 slices)
Mustard (1 tbsp)
Reduced-calorie mayonnaise
(1 tbsp)
Sliced tomato and lettuce
Orange (1 medium)
Coffee or tea

SNACK

Graham crackers (4)
Fat-free milk (1 cup)

DINNER

Tossed green salad (1 cup)
Fat-free salad dressing (1tbsp)
Broiled boneless chicken
breast (3 oz)
Herbed brown rice (½ cup)
Whole-grain roll (1)
Diet margarine (1 tbsp)
Fruit ice (½ cup)
Apple (1 medium)
Coffee or tea

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Food Categories	Foods Recommended	Foods That May Cause Distress	Tips
BREADS, CEREALS, RICE, AND PASTA 6–11 servings each day			
Serving size = 1 slice bread, 1 cup ready-to-eat cereal, ½ cup cooked cereal, rice, or pasta; ½ bun, bagel, or English muffin	Whole-grain or enriched breads, cereals, rice, barley, and pastas Low-fat and fat-free crackers	Breads prepared with eggs or cheese Granola-type cereals Biscuits, pancakes, croissants, muffins, or doughnuts High-fat snack crackers	Choose a tomato-based sauce instead of a cream-based sauce for pastas. Read food labels. Look for products that have less than 1 gram of fat per serving.
VEGETABLES			
Serving size = 1 cup raw leafy, ½ cup cooked, ¼ cup juice	Fresh, frozen, or canned vegetables	Vegetables prepared with added fat, cream sauces, or cheese sauces	Cook vegetables in broth or sprinkle with herbs and spices to add flavor.
FRUITS 2–4 servings each day			
Serving size = 1 medium, ½ cup canned, ¼ cup juice, ¼ cup dried	All fresh, frozen, canned, or dried fruit Fruit juices	Avocado	Snack on fresh or dried fruits instead of chips or cookies.
MILK, YOGURT, AND CHEESE 2–3 servings each day			
Serving size = 1 cup milk or yogurt, 1½ oz natural cheese, 2 oz processed cheese	Nonfat milk and fat-free cheeses Low-fat or nonfat yogurt and cottage cheese	Low-fat, reduced-fat, and whole milk, buttermilk, chocolate milk, and cream Regular and processed cheese	In recipes, substitute fat-free or evaporated fat-free milk or low-fat yogurt for whole milk and cream.
MEATS, POULTRY, FISH, DRIED BEANS AND PEAS, EGGS, AND NUTS 2–3 servings or up to 6 oz daily			
Serving size = 2–3 oz cooked*; count 1 egg and ½ cup cooked beans as 1 oz of meat	Lean beef such as sirloin, round, chuck; veal Lean pork such as tenderloin, ham, Canadian bacon Lean lamb such as chops or leg Poultry without the skin All fresh, frozen, or canned fish packed in water Luncheon meats (95% fat-free) Legumes cooked without added fat Egg whites, egg substitutes Egg yolk (maximum of 1 per day)	All fried, fatty, or heavily marbled meat, poultry, or fish, such as ground beef, pork, or lamb, ribs, corned beef, sausage, duck, goose Canned fish packed in oil Most luncheon meats, including bologna, salami, and pimento loaf, frankfurters Dried peas and beans prepared with fat or high-fat meat Nuts and peanut butter	Broil, roast, grill, or boil meats, poultry, and fish instead of frying. Trim all visible fat before cooking. Select or prepare meats in their natural juice instead of with sauces and gravies.
*3 oz of cooked meat is about the size of a deck of cards.			
FATS limit to 3–5 servings daily			
	One serving equals: 1 tsp margarine, butter, regular mayonnaise, oil, shortening, and bacon fat 1 tbsp diet margarine, reduced-calorie mayonnaise, reduced-calorie creamy salad dressing, regular oil-based salad dressing, cream cheese, and whipping cream 2 tbsp reduced-calorie salad dressing (oil-based), shredded coconut, liquid coffee whitener, cream, light cream cheese, and sour cream		
SNACKS, SWEETS, CONDIMENTS, AND BEVERAGES			
	Fat-free broth or soups Sherbet, fruit ice, gelatin, angel food cake, graham crackers, and nonfat frozen desserts Honey, jams, jellies, syrups, and hard candy Coffee, tea, soda, and other nondairy drinks Baked (fat-free) potato chips	Cream or cheese sauces and gravies Cakes, cookies, pies, and ice cream Coconut, chocolate, and creamed candy High-fat snacks such as chips and buttered popcorn	Try lemon juice, vinegar, or garlic or onion powder on cooked foods in place of butter or margarine. Use fruit spreads on breads in place of butter or margarine.