



**Healthy Eating tips  
Low-fat Diet**

The Low-fat diet may be prescribed to reduce fat intake due to disease of the gallbladder, liver, or pancreas or if disturbances in digestion and absorption of fat occur. For diet management of high cholesterol and other lipids, see the Heart Healthy diet.

Too low of restriction from fat may result in a diet low in calories and complex carbohydrates can be consumed to help add calories. Specific fat grams allowed will vary depending on medical condition.

<b>Food Classification</b>	<b>Suggested Daily Servings</b>	<b>Recommended choices</b>	<b>Choose less often</b>
Milk And milk products	2-3	Fat free versions of Milk (fresh, dried or evaporated), cream, yogurts, cheeses and cottage cheeses.	Reduced fat and whole milk, ice creams, whole milk yogurts, cheeses and cottage cheeses, coconut milk.
Meats and protein alternatives	2 servings (2-3 oz portions)	Lean fresh or frozen meat, poultry and fish, canned meats (tuna and salmon), eggs, nuts, seeds, dry beans or peas. Lean lunchmeats. Egg whites, egg substitutes or eggs; hard cooked, poached, or scrambled.	Ribs, regular lunch meat, hot dogs, corned beef, sausages, processed meats, fried meats, poultry or fish packed in oil or with skins on. Fried eggs.
Vegetables	1-4 cups (4-6 servings)	Fresh, canned or frozen vegetables served in any form. 100% vegetable juices.	Fried vegetables such as French fries and potato chips. Vegetables without added cream, fats, gravies and cheese sauces unless they are counted as part of the allowed fat for a day.
Fruits	1-2 1/2 cups (2-5 servings)	Fresh, frozen or canned fruits and 100% juices of all kinds.	Fruits prepared with fat.
Grains and grain products	3-10 servings at least half of them whole grains	Use whole-grain or enriched breads, pasta, oatmeal, breakfast cereals, tortillas, grits, white, brown or wild rice, popcorn, cornbread, crackers, pretzels, buns, rolls, English muffins.	High fat breads such as muffins, croissants, biscuits, waffles, pancakes, popovers, rich rolls, sweet rolls, and doughnuts, crackers, granola, fried rice and buttered popcorn.
Nuts, seeds, and beans	4-5 a week	All varieties of nuts, seeds and beans.	Limit servings as calories and fat add up quickly with large

			servings.
Fats and Oils	Use sparingly not generously 2-3 times a day	Unsaturated oils (e.g. canola, corn, flaxseed, olive, peanut, safflower, soybean, sunflower) and non-hydrogenated margarines. Fats from seeds and nuts, nut butters, olive and avocados Fat-free or low-fat salad dressing, cream cheese, sour cream or mayonnaise.	Margarine, butter, solid shortening, lard, bacon, chicken fat/skin, coconut oil, palm oil, palm kernel oil, creamy salad dressings, nondairy creamer, partially hydrogenated oils, regular mayonnaise, cream, gravies, cream sauces, sour cream. Coconut
Sweets/Added sugars Limit added sugars	1 or <1 per day	Fat-free sweets such as gelatin, angel food cake, and sherbet. Pudding, frozen yogurts, ice cream made with fat-free milks. Honey, jelly, sugar, pancake syrup.	Any high fat dessert such as cakes, cookies, or pies. Puddings, custard, and ice cream made with whole milk or reduced fat milk.
Fluids	6-8 cups	Water and other fluids, such as coffee, tea, fruit juice, vegetable juice.	Whole or low fat milk or beverages made with full fat ingredients.
Seasonings/ Condiments/ Sauces	As desired	All spices, seasonings and flavorings. Vinegar.	Creams, sauces and gravies unless fat free.

### **Basic Healthy eating guidelines:**

- Eat Breakfast
- Eat Regular meals, trying to space them somewhat evenly apart
- Use the MyPlate model as a visual when planning your meals to include foods from the main five food groups; fruits, vegetables, grains, proteins & dairy.  
Plan snacks – set yourself up to succeed by having good choices available.  
Eat slowly
- Eliminate or Limit sweets and beverages that contain calories other than milk.
- Don't prohibit foods or certain food categories. But do keep portions and frequency in perspective.
- Do not reward or punish or comfort yourself with food. (If you want motivators, make them non-food)
- Eat meals and snacks in kitchen; do not eat with the TV or other distraction.
- Incorporate regular exercise, 45-60 minutes daily should be your goal.
- Consume a variety of fruits (3-5, 1/2 cup servings daily), vegetables (3-5, 1/2 cup servings daily and whole grains (Half your servings or 3-4 per day).
- Include fat-free dairy products
- Fish, legumes, poultry, and lean meats.
- Increase consumption of fiber, with a goal of 20-30 grams of fiber a day.
- Limit the use of "luncheon" and large amounts of prepackaged processed foods.
- Eliminate or Limit use of snack crackers, chips, candies, pastries, fried foods and baked goods.
- Limit added sugars to <10% of total calories.

- Limit Cholesterol-Raising fats
  - Saturated fatty acids
  - Trans fats
- Choose Heart Healthy types of fats:
  - Mono-unsaturated fatty acids
  - Poly-unsaturated fatty acids
  - Omega-3 fatty acids
  - Fats with Stanol and sterol Esters

**Source: 12<sup>th</sup> Edition Simplified Diet Manual,**  
**6-17 JMK**