

## **Fat Restricted Diet (30-40 grams)**

### **Purpose**

To provide an adequate diet with reduced fat content. The fat in the diet will provide 15-20% of the calories. This diet may be indicated in disease of the liver, gallbladder or pancreas in which disturbance of digestion and absorption of fat may occur. The diet is used to reduce symptoms of these conditions.

### **Diet Principles**

1. Visible fat (butter, cream, margarine, salad dressing) is restricted to 1 teaspoon per meal or 3 teaspoons per day.
2. Only lean meats, skim milk, and no more than 7 eggs per week are used.
3. High fat foods are avoided.
4. Foods are prepared without added fat.
5. Dietary supplements of medium chain triglycerides may be indicated in some cases.
6. Highly spiced foods and certain strong-flavored vegetables, though non fat are used cautiously because they may cause discomfort in some patients. Such vegetables are broccoli, Brussels sprouts, cabbage, cauliflower, cucumbers, kale, melons, sweet potatoes and turnips.
7. Protein should meet the Recommended Daily Allowance. This may be difficult because protein occur in many foods.
8. When *stentorrhoea* is present the absorption of fat soluble vitamins and other nutrients may be impaired.

### **Adequacy**

This diet will meet the recommended daily allowance in most conditions. The diet as listed in the meal plan contains the approximate nutritive values:

Calories	2000
Protein	65g
Fat	40g
Carbohydrates	325g

## SUGGESTED MEAL PLAN

### Breakfast

Fruit or juice	½ cup
Cereal	½ to ¾ cup
Egg	1
Bread/Rolls	2
Margarine	1 tsp.
Jelly	1 Tbsp.
Milk, skim	1 cup
Coffee or Tea	1 cup
Sugar	1Tbsp.
Salt	1 packet

### Lunch

Fat free soup/juice/salad	½ to 1 cup
Lunch entrée, prepared without fat	2 oz.
Starch	½ cup
Dessert/fruit/gelatin	1
Bread/rolls/crackers	2
Margarine	1tsp.
Jelly	1Tbsp.
Milk, skim	1cup
Coffee or Tea	1cup
Sugar	2tsap.
Salt	1packet

### Dinner

Fat free fruit/juice/salad	½ to 1cup
Dinner entrees, prepared without fat	2 oz.
Starch	½ cup
Vegetable	½ cup
Dessert/fruit/gelatin	1
Bread/rolls/crackers	2
Margarine	1 tsp.
Jelly	1 Tbsp.
Milk, skim	1 cup
Coffee or Tea	1 cup
Sugar	2 tsp.
Salt	1 packet

FOOD	ALLOWED	NOT ALLOWED
Beverages	Skim milk, lowfat buttermilk, lowfat chocolate drink, nonfat dry milk, carbonated beverages, fruit drinks, coffee, tea, decaffeinated beverages.	Cream, Milk, chocolate condensed, evaporated, 1%, 2%, whole, malted, shakes.
Breads	All enriched or whole grain bread or yeast rolls, bread sticks, graham crackers, melba toast, pretzels, matzoh, rye wafers, saltines	Quick breads, muffins, biscuits, pancakes, doughnuts, fritters, corn bread, fried corn bread, sweet rolls, hot breads unless made with very little fat.
Cereals	All cooked without fat or dry	Bran, if causes distress, wheat germ
Desserts	All fruit, fruit whip, fruit pudding, gelatin, dessert made with egg white, angel food cake, fruit ice, sherbet, plain pudding made with skim milk and/or egg whites. Frozen yogurt, graham crackers, ginger snaps, vanilla wafers. Lowfat baked goods.	Dessert made with whole milk, cream, butter, lard, oil, coconut, nuts, chocolate.
Eggs (1 egg /day)	One egg daily, egg whites as desired, Cholesterol free egg substitutes.	Eggs prepared with whole milk or fat
Fats (3tsp/day)	One teaspoon each meal or 3 teaspoons per day: butter, mayonnaise, margarine, oil.(May be used in cooking if omitted at meals) Fat free salad dressing and gravy.	More than 1 teaspoon per meal. Bacon, bacon fat, fat back, ham fat, lard, salt pork, shortening, gravy. Salad dressings and gravies unless fat free.
Fruits	All fresh frozen or canned fruit or fruit juice except avocado, 1 citrus fruit every day	Avocado. Any fruit that persistently causes distress.
Meats, Fish, Poultry and Cheese (4oz/day)	Remove visible fat from meat before cooking. Baked, Broiled, boiled, roasted, stewed, simmered, lean fish, meat, poultry, seafood and organ meat. Water packed salmon and tuna. Lowfat cottage cheese, skim milk cheese, part skim mozzarella, part skim ricotta, parmesan, farmer's cheese. Lowfat yogurt made with skim milk. Tofu.	All fried meats, poultry, or fish, fat meats, fat of meat, sausage, frankfurters, luncheon meat, fish canned in oil, eel, duck, goose, poultry skin, any spiced or pickled meat, cheese except as listed. Whole milk yogurt. Peanut butter.

Potatoes and Substitutes	Macaroni, noodles, rice, spaghetti, sweet or white potato, prepared without added fat, unless used in the amount allowed.	Cooked with fat or oil, fried potatoes, potato chips, cream sauces unless made with skim milk.
Soups	Bouillon, cream soups made with vegetables and skim milk, fat free meat and poultry soups.	Soups or broth with fat, soups unless made with skim milk.
Sweets	Honey, jam, jelly, marshmallows, molasses, sugar syrup candies, hard candies, gumdrops, jelly beans, plain mints, sour balls, fondants (all without fat)	Chocolate, coconut, nuts, caramels
Vegetables	All fresh frozen or canned vegetables and vegetable juice except those not allowed. Daily fat allowance may be used in preparation.	Avocado, vegetables cooked in additional fat or oil, any which causes digestive distress.
Miscellaneous	Herbs, lemon juice, pepper, salt, spices, vinegar, extracts, condiments such as ketchup, chili sauce, pickles, relish, cocoa powder	Nuts, Olives

Note: The 40g fat diet may be adjusted for a 20 g fat restriction diet by omitting the egg and 3 teaspoons of margarine or butter per day.

#### References

1. Shils, M.E. and Young, V.R.; Modern Nutrition in Health and Diseases. 7<sup>th</sup> ed., Philadelphia, PA; Lea & Febiger, 1988.
2. Mahan, L.K. and Arlin, M.T.; Krause's Food Nutrition and Diet Therapy. 8<sup>th</sup> ed. Philadelphia, PA; W.B. Saunders Co., 1992
3. Pennington, J.Bowes and Church's Food Values of Portions Commonly Used. 15<sup>th</sup> ed., Philadelphia, PA; J.B. Lipponcott Co., 1989
4. Manuel of Clinical Dietetics, Chicago, IL; American Dietetic Association, 1988