

FAT-CONTROLLED DIET

A low-fat diet is healthy and beneficial for certain gastrointestinal disorders. Decreasing the amount of fat in your diet should help prevent uncomfortable side effects such as diarrhea, bloating, and cramping.

The Principles of the Low-Fat Diet are as Follows:

- Foods should be used in the amounts specified and only as tolerated.
- Keep a Food Record to total grams of fat consumed.
- Prepare all foods without the addition of butter or other fats.
- Trim all visible fat from meat before eating.
- Convenience foods such as frozen and canned dinners are usually high in fat. Read food labels carefully and choose frozen dinners with less than 300 calories and less than 10 grams of fat.
- Avoid high fat ingredients, such as cheese, oil, shortening and butter or margarine.
- Use fat-free items sparingly. Some contain very small amounts of fat that can add up.
- When dining out, look for item that are baked, broiled, or steamed. Ask for sauces or salad dressings on the side and use sparingly.

FOOD GROUP	FOODS RECOMMENDED	FOODS TO AVOID
Grains	<ul style="list-style-type: none"> - Whole grain and enriched breads - Tortillas (soft) - Low-fat crackers - Brown and wild rice 	<ul style="list-style-type: none"> - Products made with added fat such as biscuits, waffles, and regular crackers - French fries - Chips - Cookies - Cake - Pie - Pastries
Beverages		Alcohol: <ul style="list-style-type: none"> - wine, beer, liquors
Dairy	<ul style="list-style-type: none"> - Fat-free or reduced-fat (1%) milk - Skim, fat-free and reduced-fat cheeses - Nonfat yogurt - Nonfat or low-fat ice cream or frozen yogurt 	<ul style="list-style-type: none"> - Whole or low-fat (2%) milk - Cream / half-and-half - Regular cheese - Dairy products made from whole milk or cream - Egg Nog
Fats	Reduced-fat and fat-free products will allow more choices *Fat-free substitutes may have added sugars	Limit addition of fats and oils including vegetables oils, margarine, butter, lard, shortening, mayonnaise, regular salad dressings, and sour cream
Fruits	<ul style="list-style-type: none"> - All fruits except avocado and coconut - All juices 	<ul style="list-style-type: none"> - Fruit dishes prepared with added fat - Avocado - Banana Chips - Coconut

<p>Meat and Meat Substitutes</p>	<ul style="list-style-type: none"> - Beef: Eye of the round, top round steak, top round roast, sirloin steak, top loin steak, tenderloin steak pot roast. - Veal: Cutlet, blade or arm steak, rib toast and rib or loin chop. - Pork: Tenderloin, top loin roast, top loin chop, center loin chop, sirloin roast, loin rib chop and shoulder blade steak. - Lamb: Leg, loin chop, and arm chop - Poultry (skinless) - Fish, Tuna canned in water - Eggs - Beans 	<ul style="list-style-type: none"> - Fatty cuts of beef, pork, and lamb - Regular (75%-85% lean) ground beef - Regular sausages, hot dogs, and bacon - High-fat luncheon meats - High-fat types of poultry, such as duck, poultry with skin - Fish canned in oil - Nut butters (peanut butter, etc.) - Nuts and seeds
<p>Vegetables</p>	<p>Fresh, frozen, or canned vegetables without added butter, cream, or sauces</p>	<ul style="list-style-type: none"> - Breaded or fried vegetables - Vegetables with cheese, cream, butter, or oil-based sauces