

<b>Prepared For:</b>		<b>Date:</b>	
<b>Prepared By:</b>		<b>Contact:</b>	

## Fat-Restricted Nutrition Therapy

A fat-restricted diet can help if you have trouble digesting or absorbing fat. This nutrition therapy will help prevent uncomfortable side effects, such as diarrhea, bloating, and cramping, that may occur when you consume high-fat foods. In addition, this nutrition therapy may help you absorb important nutrients in your diet.

### Important Points to Keep in Mind

- Keep the total amount of fat that you eat (including heart-healthy fats) to 25% to 35% of the calories that you eat. If you should eat 2,000 calories per day, you can have between 50 and 75 grams of fat per day.
- Limit saturated fats and *trans* fats:
  - Foods high in saturated fats include marbled (fatty) meat, poultry skin, bacon, sausage, whole milk, cream, and butter.
  - *Trans* fats are found in stick margarine, shortening, some fried foods, baked goods, pastries, and packaged foods made with hydrogenated oils.
  - If you eat these foods, have them only once in a while and in small amounts. Try to use oils instead of butter or stick margarine whenever possible, or use reduced-fat, whipped, or liquid spreads.
- Lactose (the sugar in milk), dairy products, and dietary fiber in foods can also cause diarrhea, bloating, and cramping. Keeping a food journal and recording your symptoms may help you better understand which foods are causing your symptoms.

#### Foods Recommended

Food Group	Food Choices
<b>Dairy</b>	Fat-free (skim), low-fat (1%) milk or buttermilk Fat-free or low-fat yogurt or cottage cheese; lactose-free yogurt or lactose-free cottage cheese Fat-free and low-fat cheese Fat-free, lactose-free milk and lactose-free, low-fat ice cream/frozen yogurt and sour cream may be tolerated better
<b>Fruits and Vegetables</b>	Fresh, frozen, canned, or dried fruit Fresh, frozen, or canned vegetables without added fat or salt

<b>Grains</b>	Whole grain breads and cereals, including oats and barley Pasta, especially whole wheat or other whole grain types Brown rice Low-fat crackers and pretzels
<b>Proteins</b>	Lean cuts of beef and pork (loin, leg, round, extra-lean hamburger) Skinless poultry Fish Venison and other wild game Dried beans and peas Meat alternatives made with soy or textured vegetable protein Egg whites or egg substitute Cold cuts made with lean meat or soy protein
<b>Fats and Oils</b> (Use sparingly)	Unsaturated oils (olive, peanut, soy, sunflower, canola) Soft or liquid margarines and vegetable oil spreads Salad dressings, seeds and nuts, avocado

#### Foods Not Recommended

<b>Food Group</b>	<b>Food Choices</b>
<b>Dairy</b>	Whole milk and reduced-fat (2%) milk Whole milk yogurt or ice cream Cream Half-and-half Cream cheese Sour cream Cheese
<b>Fruits and Vegetables</b>	Fried fruits or vegetables Fruit served with butter or cream Vegetables prepared with butter, cheese, or cream sauce.
<b>Grains</b>	High-fat bakery products, such as doughnuts, biscuits, croissants, danish pastries, pies, cookies Snacks made with partially hydrogenated oils, including chips, cheese puffs, snack mixes, regular crackers, butter-flavored popcorn
<b>Proteins</b>	Higher-fat cuts of meats (ribs, T-bone steak, regular hamburger) Bacon Sausage Cold cuts, such as salami or bologna

	<p>Corned beef</p> <p>Hot dogs</p> <p>Organ meats (liver, brains, sweetbreads)</p> <p>Poultry with skin</p> <p>Fried meat, poultry, and fish</p> <p>Whole eggs and egg yolks</p>
<b>Fats and Oils</b>	<p>Butter</p> <p>Stick margarine</p> <p>Shortening</p> <p>Partially hydrogenated oils</p> <p>Tropical oils (coconut, palm, and palm kernel oils)</p>

### Fat-Restricted Sample 1-Day Menu

<b>Breakfast</b>	<p>1/2 cup apple juice</p> <p>3/4 cup oatmeal</p> <p>1 small banana</p> <p>1 cup fat-free milk</p> <p>1 cup brewed coffee</p>
<b>Lunch</b>	<p>Turkey and Cheese Sandwich:</p> <p>2 slices whole wheat bread</p> <p>2 ounces lean deli turkey breast</p> <p>1 ounce low-fat Swiss cheese</p> <p>Mustard</p> <p>1 medium sliced tomato</p> <p>Shredded lettuce</p> <p>1 pear</p> <p>1 cup fat-free milk</p>
<b>Evening Meal</b>	<p>3 ounces broiled fish</p> <p>1 cup brown rice</p> <p>1 teaspoon soft margarine (for rice)</p> <p>1 medium stalk cooked broccoli</p> <p>Salad: mixed greens, tomatoes, carrots, chickpeas</p> <p>Olive oil and vinegar dressing (for salad)</p> <p>1 small whole grain roll</p> <p>1 teaspoon soft margarine (for roll)</p> <p>1 cup tea</p> <p>1/2 cup fat-free frozen yogurt with fruit</p>

**Evening Snack**

1 ounce trail mix with nuts, seeds, dried fruit  
1 cup blueberries  
1 cup fat-free milk

**Notes**