

Care Gram Low-fat Diet

A low-fat diet limits the total amount of fat in the diet. Foods that are high in fat are limited or avoided.

The role of a low-fat diet is to reduce symptoms, such as diarrhea, bloating, and cramping, caused by trouble digesting and absorbing fat. The low-fat diet reduces fat, but still provides ample minerals, vitamins, protein, and carbohydrate.

Key Points:

- Less than 30 percent of calories should come from fat, unless your doctor or dietitian recommends otherwise.
Example: a 2,000-calorie diet would allow 65 grams of fat or less per day.
- Choose foods low in fat. The Nutritional Facts panel on food packaging will tell you the amount of total fat per serving.

This example shows 2/3 cup has 8 grams of total fat.

| Nutrition Facts | |
|-------------------------------|----------------------|
| 8 servings per container | |
| Serving size | 2/3 cup (55g) |
| Amount per serving | |
| Calories | 230 |
| % Daily Value* | |
| Total Fat 8g | 10% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 160mg | 7% |
| Total Carbohydrate 37g | 13% |
| Dietary Fiber 4g | 14% |
| Total Sugars 12g | |
| Includes 10g Added Sugars | 20% |
| Protein 3g | |



Licking Memorial
Health Systems

| Food Group | Choose These Foods (Examples) | Avoid or Limit These Foods (Examples) |
|--|---|---|
| <p>Meat, Poultry, Fish, and Shellfish <i>Limit to 6 ounces per day</i></p> <p><u>1 ounce equals</u> 1 ounce meat 1 egg 2 egg whites</p> | <p>Beef: round, sirloin, loin, 97% extra lean ground beef Pork: tenderloin, center loin Poultry: skinless poultry, lean ground poultry Fish: fish and shellfish without butter or fried Lunch meats: 3 grams of fat or less an ounce Egg: whites and egg substitutes Beans: low-fat refried beans, legumes</p> | <p>Beef, T-bone steak, regular ground beef, corned beef, ground chuck Pork: spareribs Poultry: fried chicken or turkey, chicken with skin Fish: fish sticks, fried fish, fish canned in oil, fried shellfish Organ meats: liver, brain, tongue High-fat processed meats: sausage, bacon, bologna, hot dogs, salami Eggs: whole eggs, egg yolks Beans: refried beans</p> |
| <p>Dairy and Dairy Products <i>Limit to 3 servings per day</i></p> <p><u>1 serving equals</u> 1 cup milk 1.5 ounce natural cheese 2 ounce processed cheese 1 cup yogurt</p> | <p>Milk: skim milk or 1% milk Yogurt: low-fat or nonfat Cheese: less than 5 grams of fat per ounce, 2% or lower fat cottage cheese, fat-free cream cheese</p> | <p>Milk: 2% or whole milk Cheese: regular fat cheese and cottage cheese, cream cheese Other: cream, half and half, full fat cream-based soups, sour cream</p> |
| <p>Fats and Oils <i>Limit to 6 servings or less per day (30 grams of fat)</i></p> <p><u>1 serving (5 grams of fat) equals</u> 1 tsp. oil, margarine, or butter 1 tbsp. regular dressing 2 tbsp. reduced-fat dressings</p> | <p>Choose up to limit allowed: Vegetable oils Olive oil Soft margarine Dressings Nut and seeds Avocado</p> | <p>Avoid or limit unhealthy fats: Ghee, lard, bacon fat Butter Nondairy creamer Tropical oils, coconut, palm kernel oil</p> |
| <p>Breads, Cereal, Pasta, Rice, Dried Peas, and Beans <i>5 to 6 ounces per day</i></p> <p><u>1 ounce equals</u> 1 slice of bread ½ cup cook pasta or rice 1 cup dry cereal</p> | <p>Nonfat cooked and dry cereals Plain breads Pasta noodles Rice Bagels English muffins</p> | <p>Croissants Cereals with granola or nuts Doughnuts Crackers made with cheese Pasta or rice made with cream, butter or cheese sauce Pizza with meat toppings Granola</p> |
| <p>Vegetables and Fruits <i>Vegetables: 2 ½ to 3 cups</i> <i>Fruits: 2 cups</i></p> | <p>Frozen, fresh, canned, or dried fruits and vegetables</p> | <p>Vegetables in butter sauce, cream or cheese sauce French fries and fried vegetables Fruits prepared in cream</p> |
| <p>Sweets and Desserts <i>Limit</i></p> | <p>Frozen desserts: sherbet, low-fat ice cream, popsicles Low-fat cookies: vanilla wafers, plain popcorn, and baked chips</p> | <p>Regular ice cream Cakes and pies Cookies, pastries Potato chips and buttered popcorn</p> |