

# 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 carbohydrates.

## 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.

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



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Food Group	Choose These Foods (Examples)	Avoid or Limit These Foods (Examples)
<p><b>Meat, Poultry, Fish, and Shellfish</b> <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><b>Beef:</b> round, sirloin, loin, 97% extra lean ground beef <b>Pork:</b> tenderloin, center loin <b>Poultry:</b> skinless poultry, lean ground poultry <b>Fish:</b> fish and shellfish without butter or fried <b>Lunch meats:</b> 3 grams of fat or less an ounce <b>Egg:</b> whites and egg substitutes <b>Beans:</b> low-fat refried beans, legumes</p>	<p><b>Beef,</b> T-bone steak, regular ground beef, corned beef, ground chuck <b>Pork:</b> spareribs <b>Poultry:</b> fried chicken or turkey, chicken with skin <b>Fish:</b> fish sticks, fried fish, fish canned in oil, fried shellfish <b>Organ meats:</b> liver, brain, tongue <b>High-fat processed meats:</b> sausage, bacon, bologna, hot dogs, salami <b>Eggs:</b> whole eggs, egg yolks <b>Beans:</b> refried beans</p>
<p><b>Dairy and Dairy Products</b> <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><b>Milk:</b> skim milk or 1% milk <b>Yogurt:</b> low-fat or nonfat <b>Cheese:</b> less than 5 grams of fat per ounce, 2% or lower fat cottage cheese, fat-free cream cheese</p>	<p><b>Milk:</b> 2% or whole milk <b>Cheese:</b> regular fat cheese and cottage cheese, cream cheese <b>Other:</b> cream, half and half, full fat cream-based soups, sour cream</p>
<p><b>Fats and Oils</b> <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><b>Choose up to limit allowed:</b> Vegetable oils Olive oil Soft margarine Dressings Nut and seeds Avocado</p>	<p><b>Avoid or limit unhealthy fats:</b> Ghee, lard, bacon fat Butter Non-dairy creamer Tropical oils, coconut, palm kernel oil</p>
<p><b>Breads, Cereal, Pasta, Rice, Dried Peas, and Beans</b> <i>5 to 6 ounces per day</i></p> <p><u>1 ounce equals</u> 1 slice of bread ½ cup cooked 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><b>Vegetables and Fruits</b> <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><b>Sweets and Desserts</b> <i>Limit</i></p>	<p><b>Frozen desserts:</b> sherbet, low-fat ice cream, popsicles <b>Low-fat cookies:</b> vanilla wafers, plain popcorn, and baked chips</p>	<p>Regular ice cream Cakes and pies Cookies, pastries Potato chips and buttered popcorn</p>