

LOW FAT DIET

	ALLOWED	NOT ALLOWED
BEVERAGES	Skim milk, coffee, tea, fruit juices	Whole milk, cream, evaporated/condensed milk
BREADS AND CEREALS	All kinds	Waffles, pancakes, croissants
DESSERTS	Jell-O, sherbet, Angel food cake Rice & Tapioca puddings	Pastries, pies, cakes, cookies and ice cream
FRUIT	As tolerated	Avocado, apples
EGGS	3 per week allowed	Fried eggs
FATS	3 tsp of butter or margarine per day	Salad and cooking oil Mayonnaise Peanut butter
MEATS	Lean beef, lamb, veal, liver, fish and fowl	Fried meats, pork, goose, duck, cold cuts, canned in oil
CHEESE	Dry or fat-free cottage cheese	All other cheese
POTATO OR SUBSTITUTE	Potatoes, rice, noodles, prepared without oil	Fried potatoes and potato chips
SOUPS	Bouillon/broth or made with skimmed milk	Cream soups
VEGETABLES	All kinds as tolerated	These may cause distress; Broccoli, corn, cauliflower, onions, cucumber, radishes, green pepper, turnips, beans
MISCELLANEOUS	Salt in moderation	Spices, pickles, olives