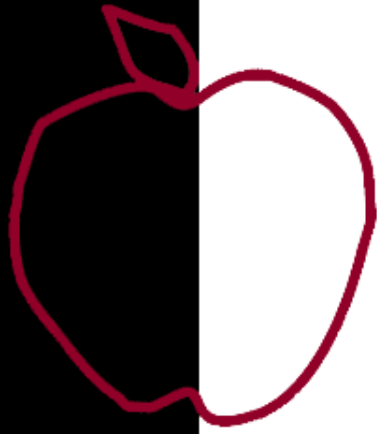


FAT-CONTROLLED DIET



This nutrition plan was ordered by your doctor and will help you maintain a fat-controlled diet.

TO CONTROL YOUR FAT INTAKE:

- Limit foods of animal origin such as meat, cheese, eggs.
- Avoid nuts, seeds, and oil.
- Increase your intake of fruits, vegetables, and grains.

For good nutrition, follow this diet as outlined for you. Eat smart... for a healthful lifestyle.



MEAT, FISH, POULTRY, CHEESE, EGGS

(Limit to _____ ounces per day)

BEST CHOICES (LOWEST IN FAT) Meat should be well trimmed. Ground meat items should be cooked well done and drained.

FISH AND SHELLFISH:

All except canned in oil or fried

BEEF:

Sirloin, round; rump; flank

Tenderloin (filet mignon)

Extra lean ground beef, ground sirloin, or ground round

PORK:

Fresh ham (leg, rump)

Canned or boiled ham

Cured ham (center slice)

Canadian bacon

Loin chops

Pork tenderloin

VEAL:

All cuts except breast or ground cutlets

CHICKEN OR TURKEY:

Remove skin and visible fat

CHEESE:

Low-fat cottage cheese

Reduced fat or part skim cheese with 5 or less grams of fat per ounce

OTHER:

Low-fat cold cuts (label says 2 – 5 grams of fat per ounce)

Tofu

Egg substitutes with less than 55 calories per 1/4 cup

EAT ONLY OCCASIONALLY (HIGH IN FAT)

BEEF:

Chuck, cubed steak

Regular ground beef or hamburger unless well cooked and drained

PORK:

Loin roast, butt

VEAL:

Ground cutlets

FISH:

Canned salmon

LAMB:

Most cuts

CHEESE:

Regular cottage cheese

Part skim ricotta

OTHER:

Liver

Eggs

DO NOT EAT...HIGH FAT!

Fatty cuts of meat such as prime rib, and any rib cuts of beef and pork; fatty steaks; fresh brisket; corned beef brisket; ground pork

Fried fish or chicken

Breaded chicken or veal patties

Bacon, sausage, scrapple

Hot dogs (chicken, turkey, beef)

Bologna, salami and other cold cuts, unless low-fat (see above)

All regular cheese; Cheddar, American, etc.

Peanut Butter (unless counted under daily fats)

Duck

FATS

Select _____ servings daily from this list.

The serving size is listed for each item.

Butter or margarine	1 teaspoon
Coffee whitener, powder	Heaping Tablespoon
Cream, dairy or nondairy	2 Tablespoons (1 ounce)
Diet margarine	1 Tablespoon
Mayonnaise	1 teaspoon
Mayonnaise-type salad dressing	2 teaspoons
Mayonnaise, reduced calorie	1 Tablespoon
Milk, reduced fat	1 cup
Milk, whole	½ cup
Nuts and seeds	½ ounce (2 Tbsp chopped nuts)
Oil, cooking or salad	1 teaspoon
Olives	10 small or 5 large
Salad dressing	1 Tablespoon
Reduced calorie salad dressing	2 Tablespoons
Cream cheese	1 Tablespoon
Peanut Butter	1 Tablespoon
Bacon	1 slice
Chitterlings	2 Tablespoons
Salt pork	1 inch x 1 inch x 1/4 inch
Sour cream	2 Tablespoons

FAT CONTAINING FOODS

Muffin	Small (1 ½ ounce)	(contains 1 serving of fat)
Biscuit	2 ½ inches	(contains 1 serving of fat)
Ice Milk	½ cup	(contains 1 serving of fat)
Ice Cream	½ cup	(contains 2 servings of fat)
Cookies	2 small (1 3/4" across)	(contains 1 serving of fat)
Vanilla Wafers	5	(contains 1 serving of fat)
Yogurt, low-fat	1 cup	(contains 1 serving of fat)

FAT-FREE "FAT" SUBSTITUTES

You do not need to count these foods as fats:

- Butter Buds®, Molly McButter® or fat-free margarine (Use in place of butter or margarine to season vegetables.)
- Fat-free salad dressing (all varieties and mayonnaise-type) or fat-free mayonnaise
- Yogurt, plain, low-fat (Use in place of sour cream on baked potato.)

BEVERAGES & MILK

Eat as much as you want of foods listed under the CHOOSE column.

CHOOSE

Buttermilk
Coffee
Fruit Juice
Instant cocoa mix
Instant drinks
Fat-free and low-fat milk
Soft drinks
Tea

DO NOT CHOOSE

Eggnog
Milk Shakes
Whole milk
Reduced-fat milk (unless fat is calculated into allowed fat)

BREADS & CEREALS

CHOOSE

Yeast breads & rolls: white, rye, whole wheat,
bagels, English muffins
Muffins, fat-free
Melba toast
Rye krisp
Matzoth
Saltines
Bread sticks, except sesame
Crackers, fat-free
All cereals except granola-types

DO NOT CHOOSE

Butter top rolls
Cheese breads
Danish
Popovers
Muffins, regular
Quick breads
Doughnuts
Waffles, Pancakes or French Toast
Crackers containing fat
Granola-type cereals
Wheat germ

PASTA & RICE

CHOOSE

All pasta and rice cooked without fat

SOUPS

CHOOSE

Broth based soups

DO NOT CHOOSE

Cream soups

FRUITS & VEGETABLES*

CHOOSE

All, except avocado, prepared without fat

** For some people with gallbladder problems, certain fruits and vegetables are not tolerated (raw apples, lemons, pineapple, onions, green peppers, cabbage, turnips, rutabagas, beans, corn, cucumbers, broccoli, cauliflower, brussels sprouts). Individual tolerances differ.*

DESSERTS & SWEETS

CHOOSE

Cake, Angel food, fat-free, or sponge
Chocolate syrup (except fudge topping)
Cookies, fat-free, or gingersnaps
Fresh or canned fruit (except coconut)
Flavored ices
Graham crackers
Hard candy and other plain sugar candy
Jam, jelly
Marshmallows
Meringue
Popsicles
Pudding made with skim milk
Sherbet
Sugar, honey, molasses, syrups
Yogurt, fat-free, frozen

DO NOT CHOOSE

Fudge Topping
All other desserts, unless planned into your diet
(discuss with your dietitian)

SNACK FOODS

CHOOSE

Pretzels
Popcorn, air popped

DO NOT CHOOSE

Corn chips
Potato chips & other
snack chips
Nuts and seeds