

Low Fat Diet

Do Not Eat

Fast Foods: Burgers
Breaded Chicken and Fish
Pizza

Fried Foods
Hot Dogs
Lunch Meats
Sausage
Bacon
Cheese
Meat Canned in Oil
Peanut Butter
Gravies

Snack Foods: Chips
Peanuts
Crackers

Biscuits
Donuts
Whole Milk
Cakes
Cookies
Candy Bars
Ice Cream
Salad Dressings
Fat Back

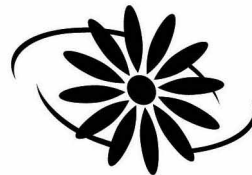


Eat

Fruits
Vegetables
Bread, Cereal, Rice
Macaroni, Spaghetti, Noodles
Dried Beans and Peas
1% or Skim Milk
Fat Free Salad Dressings
Foods with fat-free label

For Meats:

Do Not Eat The Skin On Chicken and Turkey
Cut Fat Off Beef and Pork
Bake, Broil, Roast or Boil All Meats



MORRISON