

1185 CORPORATE CENTER DRIVE, SUITE 200  
 OCONOMOWOC, WI 53066  
 (262) 567-1499

123 HOSPITAL DRIVE, SUITE 2000  
 WATERTOWN, WI 53098  
 (920) 261-5101

DIET: FAT RESTRICTED (60 GRAMS)

PURPOSE: The fat restricted diet is generally used in the management of liver and Gallbladder diseases and pancreatitis.

ADEQUACY: The diet is planned to fulfill the Recommended Dietary Allowances. Calories and nutrients may vary depending on Individual selections.

Food Groups	Amount	Foods Recommended	Foods to Avoid
MILK	2 cups or more	Skim milk, buttermilk made from skim milk, evaporated skim milk, powdered skim milk; milk containing 1% fat should be limited to 2 cups per day	Whole, 2%, chocolate, condensed, evaporated whole milk; any milk with more than 1% fat content
BEVERAGES		Coffee; tea; decaffeinated coffee; carbonated beverages	
MEATS AND SUBSTITUTES	8 ounces maximum	Lean beef, lamb, veal, pork loin, ham; fish, shellfish; chicken or turkey (no skin); organ meats; wild game meats  Low fat luncheon meats (95% or more fat free), jellied corned beef; honey loaf; New England ham; turkey ham	Goose, duck; fish canned in oil; poultry skin, poultry injected with butter or oil; fried meats; prime grades of beef; regular hamburger; bacon; spareribs  All other cold cuts; regular corned beef; sausage; hot dogs including chicken or turkey hot dogs

		<p>One whole egg; egg whites as desired</p> <p>Baker's low fat and regular cottage cheese; pot cheese; ricotta; farmer's cheese; sapsago; gammelost; German hand; any cheese with fat content less than 10%</p>	<p>Fried eggs</p> <p>All other cheese</p>
BREADS AND CEREALS	4 or more servings	Enriched white, rye or whole grain breads; hard rolls; bagels; English muffins; hamburger and hot dog buns, plain bread dinner rolls; plain crackers such as saltines, rusk, melba toast, zwieback, plain breadsticks, matzoth, graham and crisp rye crackers; enriched cooked or dry cereals	Cheese bread, egg bread; biscuits, muffins, waffles, pancakes; cornbread; coffee cake; doughnuts; French toast; sweet rolls; butter or other flavored crackers; cereals with coconut, nuts or oils
VEGETABLES	2 or more servings	One dark green or deep yellow vegetable daily	<p>Vegetables in butter, cream or cheese sauce; deep fat fried vegetables</p> <p>Strong flavored vegetables such as broccoli, onion and cauliflower bother some individuals, as do some vegetables in the raw state</p>
POTATOES AND SUBSTITUTES	1 or more servings	White and sweet potatoes; rice; pasta; baked beans without pork	Fried potatoes; frozen French fried potato products
FRUITS	2 or more servings	One citrus fruit daily	Avocado
FATS	6 servings maximum	<p>One serving equals:</p> <p>1 teaspoon butter,</p>	

		<p>margarine, oil, lard, shortening or mayonnaise</p> <p>Two teaspoons peanut butter, Thousand Island dressing, mayonnaise-type dressing</p> <p>One tablespoon French dressing, Italian dressing, heavy cream or cream cheese</p> <p>Two tablespoons sour cream, light cream, non-dairy whipped topping, white sauce or fat-free gravy</p> <p>Three tablespoons or 1/8 slice of avocado; 5 small olives</p>	
DESSERTS		<p>Gelatin, fruit ices, sherbet; meringues, low fat yogurt; angel food cake; pudding made with skim milk or water; low fat cookies (fig newtons, vanilla wafers, gingersnaps)</p>	<p>Ice cream, ice milk, frozen yogurt prepared with whole milk, custard; pie; all other cakes and cookies</p>
MISCELLANEOUS		<p>Bouillon and fat-free broth, low-fat soups, broth-based commercial soups; popcorn popped without fat; hard candy, gum drops, marshmallows; jelly, jam; chewing gum; sugar, molasses; cocoa powder; salt, spices, herbs; catsup, mustard, horseradish, soy sauce, Worcestershire sauce; non-stick cooking</p>	<p>Deep fried snack foods; chocolate candies; nuts</p>