Restricted Fat Diet

A fat-restricted diet may be needed if you have trouble digesting or absorbing fat. Certain medical conditions such as those that affect the pancreas or gallbladder may require you to restrict the fat in your diet.

General Guidelines

This handout has a list of foods recommended and foods not recommended.

What is recommended:

- Foods with less than 3 grams of fat per serving are considered low fat.
- Limit use of fats and oils in cooking or for seasoning to 3 teaspoons daily.
- Use only lean meats. Choose round or loin cuts of meats. Meats should be broiled, boiled or baked. Discard the fat which cooks out of the meat or trim away visible fat (marbled) prior to cooking.
- Avoid fried foods.
- Include at least one serving of a food high in vitamin C daily. Some examples are oranges, grapefruit, tomatoes (or other juices), kiwi and broccoli.
- Take daily vitamins to avoid vitamin A, D, E and K deficiencies (fat-soluble vitamins).
- Check with your doctor about the length of time you should follow this diet. Reduced fat diets are generally healthy for most people, but a very low fat diet may not.
## Foods Recommended

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Food Choices</th>
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<tr>
<td>Dairy</td>
<td>- Fat-free or low-fat milk, yogurt, cheese or cottage cheese</td>
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| Fruits     | - Fresh, frozen, canned, dried  
- Juice |
| Vegetables | - Cooked or raw  
- Include a dark green or yellow vegetable daily |
| Grains     | - White or wheat bread  
- Cereals without nuts  
- Rice  
- Potatoes  
- Low-fat crackers or popcorn without butter |
| Meat/Protein | - Skinless poultry  
- Egg whites or substitutes  
- Lean beef, lamb, pork or veal (loin, leg, round, extra-lean)  
- Fish packed in water  
- Dry beans or peas  
- Meat alternatives made with soy  
- Lean cold cut deli meats |
| Fats and oils | - Use sparingly  
- Fat-free salad dressing or mayonnaise  
- Soft or liquid margarine or vegetable oil spreads  
- Unsaturated oils (olive, soy, sunflower, canola) |

**What is NOT recommended:**
- All fried, fat and greasy foods
- Pies, pastries, cakes, cookies, doughnuts and ice cream
- Rich breads, rolls and biscuits, cornbread, egg bagels, Chinese noodles and croissants
• Meats high in fat such as bacon, sausage, luncheon meats, wieners, goose, duck, canned beef, spareribs, organ meats, fish packed in oil, peanut butter and regular cheeses
• Regular salad oils and salad dressings
• Gravies, broth with fat and meat sauces
• Whipped cream, sour cream, half and half, and butter
• Nuts, olives, avocados and coconut
• Chocolate (cocoa is allowed)
• Vegetables prepared with meat fat

Low Fat Recipes

Low Fat Beef Gravy
• 3 tablespoons flour  1 cup hot water
• 1 beef bouillon cube  ¼ teaspoon salt
Brown flour in frying pan. Add bouillon cube dissolved in hot water to flour slowly, to make a paste. Cook, and stir constantly until thick. Strain out lumps.

Baked Fish Fillets
• 1 ½ pounds white fish fillets  1 ½ cups skim milk
• Salt, pepper and paprika  1 teaspoon Worcestershire Sauce
• 1 chicken bouillon cube  2 ½ tablespoons Sherry (optional)
• ¼ cup hot water  ½ teaspoon rosemary
• 3 tablespoons flour  ½ cup mushrooms
Place fillets in casserole. Season with salt, pepper and paprika. Make white sauce by dissolving bouillon cube in water and blending in flour. Add the hot milk slowly, stirring constantly. Stir in Worcestershire sauce, sherry and rosemary. Add mushrooms. Pour over fish and bake 25 minutes in a 325 degree oven.
Banana Oatmeal Cookies – 5 dozen

- 3 eggs
- 1 cup sugar
- 1 teaspoon vanilla
- ½ teaspoon lemon extract
- 3 bananas (mashed)
- 2 cups flour, sifted
- 1 teaspoon salt
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ cup skim milk
- 1 ½ cups rolled oats, quick cooking


Confetti Salad

- 1 (15.8 oz) can Great Northern beans, rinsed and drained
- 1 (15 oz) can black beans, rinsed and drained
- 1 cup peeled, seeded and chopped tomato
- ¾ cup diced sweet red peppers
- ¾ cup diced yellow peppers
- ¾ cup thinly sliced green onions
- ½ cup salsa (medium to hot)
- ¼ cup red wine vinegar
- 2 teaspoons chopped fresh parsley
- ¼ teaspoon salt
- 1/8 teaspoon fresh ground pepper
- Shredded lettuce
- Tortilla chips or tortillas

Combine great northern beans, black beans and chopped tomato in a large bowl, stirring gently. Add sweet red peppers, yellow peppers and sliced green onions, stirring gently to combine. Set bean mixture aside.

Combine salsa, vinegar, parsley, salt and pepper in a small bowl; stir with a wire whisk until well blended. Pour over bean mixture and toss gently. Line a large serving bowl with shredded lettuce; top with bean mixture. Divide bean mixture evenly among serving plates. Serve with tortilla chips. Yield: 10 servings.