

Restricted Fat Diet



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

A fat-restricted diet may be needed if you have trouble digesting or absorbing fat. You may need to follow a low fat diet if you have a medical condition that affects your pancreas or gallbladder.

General guidelines

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

What is recommended

- Eat foods with less than 3 grams of fat per 100-calorie serving. These foods are low fat.
- Limit use of fats and oils in cooking or for seasoning to 3 teaspoons each day. Spread this fat out over the day.
- Use only lean meats. Choose round or loin cuts of meats. Meats should be broiled, boiled or baked. Discard the fat that cooks out of the meat or trim away visible fat (marbled) before cooking.
- Avoid all fried and deep fried foods, including French fries and most snack chips.
- Include at least one serving of a food high in vitamin C each day. Some examples are bell peppers, oranges, grapefruit, tomatoes (or other juices), kiwi and broccoli.
- Take a daily multivitamin to avoid vitamin A, D, E and K deficiencies (fat-soluble vitamins). Take the vitamin with a meal.
- 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 be.
- Remember to pick mostly healthy foods. It is easy to eat low fat or fat free candy, baked potato chips and sugary beverages. These foods are low in fat but do not provide many vitamins and minerals. Try to pick foods low in fat and healthy like the ones listed below.

Food group	Recommended foods
Milk and dairy products	<ul style="list-style-type: none">• Fat free or low fat milk, yogurt, cheese or cottage cheese• Fat free or low fat plant-based milk and milk alternatives, like rice milk and soy yogurt
Fruits	<ul style="list-style-type: none">• Fresh, frozen, canned or dried fruit• Fruit juice (avoid if you have high blood sugar or are overweight)
Vegetables	<ul style="list-style-type: none">• Cooked or raw vegetables• Eat a dark green or yellow vegetable each day
Grains <ul style="list-style-type: none">• Choose whole grains that are high in fiber	<ul style="list-style-type: none">• Bread• Cereals without nuts• Rice, quinoa and other whole grains• Potatoes, both white and sweet• Low fat crackers or popcorn with no butter

Food group	Recommended foods
Protein	<ul style="list-style-type: none"> • Skinless poultry, such as chicken or turkey • Egg whites or substitutes (limit whole eggs to 1 per day) • Lean beef, lamb, pork or veal (loin, leg, round, extra-lean) • Fish packed in water • Dry beans or peas • Veggie burgers and other plant-based meat alternatives
Fats and oils <ul style="list-style-type: none"> • Limit to 3 teaspoons a day and spread out over your meals 	<ul style="list-style-type: none"> • Use sparingly • Fat free salad dressing or mayonnaise • Soft or liquid margarine or vegetable oil spreads • Unsaturated oils, such as olive, soy, sunflower and canola
Condiments and others	<ul style="list-style-type: none"> • Salsa • Mustard • Ketchup • Horseradish (non-creamy) • Lite or fat free salad dressings and mayonnaise • Cooking spray to cook with

What is **NOT** recommended

- All fried, fat and greasy foods
- Most restaurant and fast food
- 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, hot dogs, goose, duck, canned beef, spareribs, organ meats, fish packed in oil, peanut butter and regular cheeses
- Regular salad dressings
- Any type of oil or regular, full-fat margarine
- Whipped cream, regular cream cheese, sour cream, half and half, and butter
- Nuts, olives, avocados and coconut
- Chocolate (cocoa is allowed)
- Vegetables prepared with meat fat, butter or margarine
- Gravies, broth with fat and meat sauces

Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail **health-info@osu.edu**.