

Low Fat Diet
25-30 Grams of Fat

Food Group	Servings Daily	Foods Included	Foods not Included
Dairy Milk, Yogurt & Cheese	2-3 Servings	Skim Milk, buttermilk made from skim milk, skimmed evaporated milk, non-fat dry milk solids, yogurt made with skim milk, low fat and part skim milk cheeses, low fat cottage cheese made with skim milk (1% milk fat), skim farmers cheese, Parmesan, Feta, part skim mozzarella, ricotta, low fat brick type cheese	1 or 2% milk, whole or chocolate milk, eggnog, buttermilk with added butter flakes, evaporated milk, condensed milk, yogurt made from whole milk, all other cheeses
Meat, Fish, Poultry, Dry Beans, Eggs, And Nuts	2-3 Servings	All Lean, fresh meat, fish and poultry (without skin), shellfish, water packed canned fish, tofu, legumes cooked with out added fat, eggs prepared any style with out added fat, egg whites, commercial egg substitutes	Fried, fatty or smoked meats such as ham, bacon, spare ribs, salt pork, ham hocks, corned beef, luncheon meats, cold cuts, hot dogs, duck, goose, capon, poultry skin, sausage, oil packed fish, peanut butter, any meat prepared in sauce or gravy, fried eggs, raw eggs, nuts
Breads, Starches, Rice & Pasta	6-11 Servings	Enriched white or whole grain breads and cereals, yeast type rolls made without extra fat, plain crackers, melba toast, matzo, unbuttered popcorn, rice, spaghetti, noodles, macaroni, pasta, barley	Granola, biscuits, muffins, cornbread, pancakes, waffles, fritters, dumplings, pop over, variety or butter type crackers containing excess fats and spices, cereals containing nuts, chow mien noodles, popcorn with prepared fat, pasta with cream sauce
Vegetable	3-5 Servings	Mashed, boiled or bakes white or sweet potatoes, any vegetable that is fresh, frozen, canned or died, prepared with out fats, oils or fat containing sauces	Fired potatoes, potato or corn chips, any prepared in highly seasoned sauces or cream sauces made with whole milk, low fat milk, cream, sour cream, egg or cheese, any vegetables that are battered, au gratin, creamed, fried, unless make with allowed fat
Fruit	2-4 Servings	Any fruit that is fresh, frozen, canned, or dried, fruit juice, fruit flavored drinks	Avocado in excess of amount allowed in fat category
Fats & Oils	Limit 3 Servings	1 tsp of Margarine, oil, butter, shortening, mayonnaise 1 tbsp of Italian or French dressing, sour cream, heavy cream, cream cheese 2 tbsp of light cream 4" diameter avocado 5 large or 10 small olives	Any fats in excess of allowed amounts

Sweets & Desserts	Sparingly	Jelly, jam, sugar, syrup, honey, molasses, plain sugar candy (jelly beans, gum drops, hard candy), angel food cake, sherbet, fruit ices, gelatin desserts with allowed foods, popsicle, carbonated beverages	All other cakes, pies, cookies, pastries, candy, doughnuts, ice cream, non-dairy whipped topping, any dessert made with whole milk, cream, chocolate, coconut, nuts, any dessert containing fat in excess of allowed amounts, any dessert made from foods not allowed
Miscellaneous	As desired	Salt, pepper, spices and herbs, catsup, mustard, pickles, vinegar, meat sauces, vegetable pan sprays, coffee, tea	Cream Sauces, gravies