

Low Fat Diet

Food Group	Recommend	Avoid
Milk and Milk Products	skim milk, evaporated skim milk, skim buttermilk, nonfat sour cream, yogurt made with skim milk (3 gms fat or less/oz, maximum of 3 oz/day), fat-free cheeses, low fat cottage cheese, part skim mozzarella cheese, part skim or skim ricotta cheese	whole milk, cream, sour cream, non-dairy creamer, whole milk cheese, cheese spreads
Bread and Grains	whole grain and enriched breads, cold cereal, whole grain cereals (except granola), saltines, soda crackers, low fat snack crackers, rice cakes, unbuttered popcorn, low fat muffins, plain pasta, barley, oatmeal, homemade pancakes without fat, French toast made with egg substitute and skim milk	breads containing egg, cheese, or made with fat; biscuits; sweet rolls; pancakes; French toast; doughnuts; waffles; fritters; muffins; granola-type cereals; snack crackers; potato chips; packaged stuffing; fried rice; chow mein noodles
Vegetables	all vegetables (steamed, raw, boiled, or baked without added fat)	Fried vegetables or those in cream, cheese, butter sauces, dips
Fruits	all fruits except avocado	avocado
Meat or Meat Substitutes	poultry (without skin); veal; lean beef trimmed of fat (USDA good or choice cuts or round, sirloin, flank, and tenderloin); fresh, canned, cured, or boiled ham; Canadian bacon; lean pork (tenderloin, chops, cutlet); fish (fresh, frozen, canned in water); eggs (boiled, scrambled without added fat); luncheon meat at least 95% fat free	any fried, fatty or heavily marbled meat, fish, or poultry; beef (USDA prime cuts, ribs, ground beef, corned beef); pork (spareribs, ham hocks); fish (canned in oil); eggs (fried in butter, oil, or margarine); luncheon meat less than 95% fat free
Beverages	decaffeinated or regular coffee or tea, cocoa made with skim milk, fruit juices, soft drinks, water	beverages made with high fat dairy products
Soups	fat-free broths, consommés, bouillon; soups made with fat-free broth, skim milk, evaporated skim milk	cream soups, soups with added oils or meat fats, soups made from stocks containing meat fat

Fats and Oils	avocado (2 Tbsp or 1/8 medium), margarine (1 tsp), salad dressing (1 Tbsp), diet salad dressing (2 Tbsp), vegetable oils (1 tsp), nuts (raw or dry roasted): almonds (6), peanuts (20 small or 10 large), whole walnuts (2), whole pistachios (18), sesame seeds (1 Tbsp), sunflower seeds (1 Tbsp), saturated fats: bacon (1 strip), butter (1 tsp), dried coconut (2 Tbsp), cream cheese (1 Tbsp), sour cream (2 Tbsp), other fats: olive oil (1 tsp), peanut oil (1 tsp), large olives (10), peanut butter (2 tsp)	any fat in excess
Sweets and Desserts	sherbet made with skim milk, non-fat frozen yogurt, fruit ice, gelatin, angel food cake, vanilla wafers, ginger snaps, graham crackers, meringues, puddings made with skim milk, tapioca, fat-free cakes and cookies, fruit whips made with gelatin or egg whites, hard candy, jelly beans, jelly, jams, marmalades, maple syrup	ice cream, pastries, cakes, cookies, pies, doughnuts, pudding made with whole milk, cream puffs, turnovers, chocolate