**FAT-CONTROLLED DIET (50 Grams)**

# SAMPLE MENU

|  |  |  |
| --- | --- | --- |
| Breakfast | Noon | Evening |
| Orange juice Cream of wheat Scrambled egg Wheat toast MargarineJellyFat free milk CoffeeSugar | Honey glazed chicken (skinless) Baked potato/margarine Steamed broccoliFruited gelatin Dinner roll Margarine SherbetIced Tea Sugar | Lean beef tips and noodles Seasoned green beans Sliced tomato saladFat-free French dressing Peach halvesDinner roll Margarine Fat free milkIced tea Sugar |

**FOOD GROUP FOODS ALLOWED FOODS EXCLUDED**

**Beverages and Milk**

**Breads, Cereals and Grains**

**Meat, Fish, Poultry,**

**Cheese, Eggs** (average 3 to 5 g fat/oz) (limit intake to 5 oz/day)

Coffee, tea, carbonated drinks, fat-free milk or buttermilk,

evaporated skim, nonfat dry milk, skim or low-fat

yogurt

Whole-grain or enriched breads, dinner rolls, cereals and grains, pasta, plain crackers

Lean meat (trimmed of visible fat), fish, and fowl (without skin). The following are equal to 1 oz meat: 1 egg, ¼ cup tuna, salmon (water­ packed), or cottage cheese. The following low-fat cheeses are allowed (one serving per day): 1oz low fat or fat free milk cheeses (sapsago, mozzarella, farmer's) or

¼ cup 1% cottage or ricotta cheese

Whole, reduced fat, evaporated, condensed, or chocolate milk, yogurt made from whole milk, cocoa mixes

Quick breads such as muffins, biscuits, rich or sweet rolls, doughnuts, pancakes, waffles, party crackers, potato chips, granola unless calculated into diet

Fried or fatty meats, such as luncheon meats, cured and processed meats, other cheeses



# FOOD GUIDE- FAT-CONTROLLED DIET (Cont.)

**FOOD GROUP FOODS ALLOWED FOODS EXCLUDED**

Vegetables Any prepared without fat.

Vegetables in cream sauces or gravies, fried vegetables including potatoes

Fruits and Juices

Fats (limit intake to 5 tsp/day; use no more than 2 servings/meal) (Average: 1 tsp fat= 5 g fat)

All

Butter, margarine, vegetable oil, crisp bacon (1 strip= 1 tsp fat)

None

Cream, avocado, nuts, coconut, olives, peanut butter

Soup Any soups made with fat free milk or fat free broth

Desserts Fruit, sherbet, sorbet, fat-free frozen desserts, gelatin, angel food/sponge cake, low fat cookies (gingersnaps, vanilla wafers), fat-free cakes, puddings made with fat free milk, meringues

Commercially canned soups, cream soups, soups containing fat or whole milk

Ice milk, ice cream, pie, cake, cookies, pastries, any desserts made with shortening, chocolate, cream, nuts, or fat

Sweets

Miscellaneous

Sugar, jelly, honey, syrups with no fats, molasses, plain marshmallows, hard candy

Vinegar, low-calorie or fat-free dressings, cocoa or carob powder, herbs and spices, salt,

pepper

Any containing chocolate, nuts, cream, coconut, butter-flavored or fudge syrup

Chocolate, coconut, gravy