

LOW FAT DIET

Avoid those foods in the high saturated fat and/or cholesterol list and choose foods from the low fat list whenever possible. Learn to read food labels or to ask about any foods not included on these lists before eating them. *It is important that you follow your physician's specific dietary recommendations*, but this chart can help you decide at a glance which foods, in general, are better choices than others.

CATEGORY	HIGH FAT	LOW FAT
Dairy and Related Products	Whole milk and whole milk packaged goods; cream; ice cream; milk puddings; yogurt; cheeses; eggnog, malted milk, milk shakes; most non-dairy creamers and whipped toppings	Skim milk, buttermilk from skim milk; low fat cheeses (farmer, uncreamed cottage, mozzarella); 1% fat milk, low fat yogurt; powdered skim milk; Poly Rich, Mocha Mix; cocoa made with nonfat or low fat milk
Meat, Poultry and Fish	Fatty fowl (goose, duck); skin of fowl; processed luncheon meats, frankfurters and fast-food hamburgers; organ meats; highly marbled or prime grades of meat, ribs and similar fatty cuts of meat	Lean meats and fowl; fresh, frozen or canned fish (preferably water-packed) when baked, broiled or poached
Breads and Grains	Baked goods made with whole milk, eggs or animal fat; commercial mixes with dried eggs and whole milk; sweet rolls, croissants, biscuits, pastries, doughnuts and similar rich breads	Whole grain or enriched breads or rolls; melba toast; bagels (avoid egg bagels); most breadsticks, matzoh, swieback, soda crackers
Fruits and Nuts	Coconut	All fresh, frozen or canned fruits and juices; nuts and peanuts; peanut butter (without added hydrogenated or saturated fats) in moderation
Eggs and Cereals	Egg yolks; any cereal that contains coconut or palm oil	Egg whites; egg substitutes; most hot and cold cereals without palm or coconut oil listed on their labels
Desserts and Snacks	Pastries, cakes, pies, most cookies; potato chips; rich crackers and other fried snacks; chocolate and other candies containing fat; ice creams; syrups; puddings and similar rich desserts and snacks	Sorbets, sherbets, popsicles, gelatin, pudding made with skim milk and acceptable fats (see list below); unbuttered popcorn; jams and jellies; angel food cake, animal crackers, fig bars, ginger snaps, graham crackers (in moderation)
Beverages	Drinks made with whole milk, coconut or cream	Fresh fruit or vegetable juice; black coffee or plain tea; soft drinks; cocoa made with skim milk; clear broth; alcohol – 2 servings or less per day (1 serving = 1 oz. liquor, 12 ozs. beer or 4 ozs. dry table wine)
Fats and Oils	Butter; palm, palm kernel and coconut oils; lard; vegetable shortening; solid margarine; commercial salad dressings containing cream or cheese; regular gravies; cream sauces; cheese sauces; bacon and bacon drippings	When used in moderation, polyunsaturated vegetable oils derived from safflower, soybean, sunflower, corn or sesame seeds; or monounsaturated oils such as olive and peanut oils; soft margarines or spreads listing one of the polyunsaturated oils as the first ingredient and many low-calorie salad dressings and sandwich spreads
Vegetables		Virtually all vegetables, boiled, steamed or braised (with a polyunsaturated vegetable oil derived from safflower, soybean, sunflower, corn or sesame seeds)
Miscellaneous	Hollandaise sauce, tartar sauce; many dessert sauces; white or cream sauce unless fat modified	Sugar substitutes; spices, vinegar, mustard, Worcestershire sauce and soy sauce to taste