

Low Fat Diet



ROSWELL
PARK®
COMPREHENSIVE CANCER CENTER

PATIENT
EDUCATION

Why Follow a Low-Fat Diet?

Following treatment, you may have trouble digesting or absorbing fat in your diet. This may lead to diarrhea, bloating, or abdominal cramping. A low-fat diet can help resolve these symptoms and help you absorb nutrients.

From a wellness perspective, too much fat in your diet can cause excessive calorie intake, which can lead to weight gain, and in turn raise your cancer risk. Following a low-fat diet as part of a healthy lifestyle can help with weight control, which reduces the risk of developing certain cancers, such as colorectal, kidney, pancreatic, endometrial, or postmenopausal breast cancer.

Maintaining a healthy weight also reduces your risk of developing heart disease, high blood pressure, stroke, and other health problems.

Important Points to Remember

- ✓ Scan cookbooks for low-fat cooking tips and recipes.
- ✓ Frozen and canned foods may be high in fat. Read labels carefully for high-fat ingredients such as cheese, oil, butter, or margarine). Look for *light* frozen dinners with less than 300 calories and under 10 grams of fat.
- ✓ Avoid saturated fats (butter, lard) and deep-fat-fried and greasy foods.
- ✓ When dining out, ask for sauces or salad dressings on the side and use sparingly.
- ✓ Limit trans fats (commonly found in margarine, shortening, store-bought cookies, cakes, crackers, piecrusts, doughnuts) to lower your risk of heart disease

Food Recommendations

1. Bread, Cereal, Rice, Pasta - 6-11 servings each day

A serving size equals:

- 1 slice bread
- ½ -1 cup ready-to-eat cereal
- ½ cup cooked cereal, rice, pasta

Recommended Foods

- Whole-grain or enriched breads, cereals, rice, barley, and pastas

Foods to Avoid

- Baked goods or cereals made with high-fat ingredients (croissants, biscuits, and granola cereals)
- Crackers high in fat or containing trans-fat.

Tips

- Choose a tomato-based sauce for pasta instead of cream sauce.
- Use fruit spreads or low-fat/fat-free cream cheese on breads instead of butter or margarine.

2. Fruits - 2-4 servings each day

A serving size equals

- 1 cup/medium size
- ½ cup canned
- ¾ cup juice

Recommended Foods: Fresh frozen, canned, dried fruit , and fruit juices

Foods to Avoid: Avocado

Tips: Snack on fresh or dried fruits instead of chips or cookies.

3. Vegetables – 3-5 servings each day

A serving size equals:

- 1 cup raw leafy
- ½ cup cooked
- ¾ cup juice

Recommended Foods

- Fresh, frozen, canned vegetables
- Vegetable juice

Foods to Avoid: Vegetables prepared with added fat, cream or **cheese sauces to add flavor**

Tips: Cook vegetables in broth or sprinkle with herbs and spices.

4. Meats, Poultry, Fish, Dry Beans, Peas, Eggs, Nuts –

2-3 servings each day for total of 6 ounces

A serving size equals:

- 2-3 oz cooked (size equal to a deck of cards)
- 1 egg or ½ cup cooked beans equals 1 oz meat

Recommended Foods

- Lean beef (sirloin, round); veal
- Lean pork (tenderloin, chops); fresh canned or cured boiled ham; Canadian bacon
- Lean lamb (chops, leg)
- Poultry without skin
- All fresh, frozen, or canned fish packed in water
- Eggs (limit to 3-4 yolks weekly)

Foods to Avoid

- Fried, fatty meat, poultry, fish (ground beef, pork, lamb, ribs, corned beef, sausage)
- Canned fish packed in oil
- Most luncheon meats (bologna, salami, pimento loaf, frankfurters)
- Dry peas, beans prepared with fat or high-fat meat
- Nuts, peanut butter

Tips

- Broil, roast, grill or boil meat, fish, poultry instead of frying
- Trim visible fat before cooking
- Prepare meats in their natural juice instead of sauces, gravies
- Buy canned fish packed in water
- Use egg substitutes

5. Milk, Yogurt, Cheese – 2-3 servings each day for a total of 6 ounces

A serving size equals:

- 1 cup milk or yogurt
- 1½ oz cheese

Recommended Foods

- Skim or 1% milk
- Milk cheeses with less than 5 grams of fat per ounce
- Low-fat or non-fat yogurt, cottage cheese

Foods to Avoid

- 2%, whole milk, buttermilk, chocolate milk, cream
- Regular, hard, processed cheeses

Tips

- In recipes, substitute skim or evaporated skim milk or low fat yogurt for whole milk and cream

6. FATS/OILS – limit fat choices to 3-5 servings each day

A serving size equals:

- 1 tsp margarine, butter, regular mayonnaise, oil, shortening, bacon fat
- 1 tbsp diet margarine, reduced-calorie mayonnaise, reduced-calorie creamy salad dressing, regular oil-based salad dressing, cream cheese, whipping cream
- 2 tbsp of reduced-calorie salad dressing (oil-based), shredded coconut, liquid coffee creamer, sour cream

Tips

- Healthier fats and oils include monounsaturated (such as olive, canola or peanut oils as well as almonds and avocados), polyunsaturated (such as safflower, sunflower, soybean, and corn oils), and Omega-3 fat sources (such as salmon, herring, sardines, mackerel, or canola, flaxseed, and soybean oils)

7. Snacks, Sweets, Condiments, Beverages

Recommended Foods

- Fat-free broth, soups
- Fruit ice, gelatin, angel food cake, graham crackers, non-fat desserts
- Honey, jams, jellies, syrups, hard candy
- Coffee, tea, soda, non-dairy drinks

- Baked snack foods, pretzels, plain air popped popcorn (i.e. baked chips): should have less than 3 grams of fat per serving

Foods to Avoid

- Cream or cheese sauces, soups, gravies
- Cakes, cookies, pies, ice cream
- Coconut, chocolate, creamed candy
- High-fat snacks (chips, buttered popcorn)

Tips

- Try lemon juice, vinegar, or garlic or onion powder on cooked foods instead of butter or margarine
- Use applesauce in baked foods instead of fat

Sample Menu

Breakfast

Orange juice

Whole-grain cereal with a banana

Whole-wheat toast with jelly or margarine* (1 tsp)

Skim milk, coffee or tea

Lunch

Fat-free vegetable soup with saltine crackers

Lean hamburger (3 oz cooked)

Mustard, reduced calorie mayonnaise (1 tbsp)

Sliced tomato and lettuce

Fresh fruit salad, fruit ice

Skim milk

Snack

Graham crackers

Medium apple

Skim milk

Dinner

Tossed salad with reduced-calorie dressing* (2 tbsp)

Broiled skinless chicken breast (3 oz cooked)

Herbed brown rice

Steamed broccoli

Whole-grain roll with margarine* (1 tsp)

Angel food cake with fresh berries

Coffee or tea

**Limit fats to 3-5 servings each day.*

**If you have any questions, please call the Nutrition
Department at Roswell Park**

716-845-2398