

LOW/DECREASED FAT DIET

Be careful how foods are prepared. Trim all visible fat from meats. Bake, steam or broil meats and fish instead of frying.

WHAT FOODS ARE HIGH IN FAT?

Mayonnaise, salad dressing
Dairy foods-ice cream, whole milk, creams
Fatty red meats
Butter, Palm Oils, Lard
Egg yolks
Cheese
Processed Meats
Avocado

WHAT ARE SOME FOODS THAT ARE LOW IN FAT?

Fruits
Vegetables
Fish and shellfish
Cereals, rice
Pasta
nuts and seeds
Vegetable oils are preferred to butter
Olive oil
Canola, Sunflower, peanut and corn oil

Be careful how foods are prepared. Trim all visible fat from meats. Bake, steam or broil meats and fish instead of frying.

Pizza-choose thin crust, avoid meat toppings and get small amounts of cheese

Avoid cream and meat sauces; try red marinara sauce or simple vegetables

Snack on fresh fruit, baked chips or air-popped popcorn