

Low fat diet

What is a low fat diet?

A low fat diet has limited amounts of fat. It includes:

- most fruits
- vegetables
- lean meats
- fish
- poultry
- pasta
- rice
- cereals
- low fat dairy products

A low fat diet may be needed if you have problems digesting and absorbing fats, or for these conditions:

- pancreatitis
 - gall bladder disease
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How to choose foods lower in fat

Food Group	Say yes to	Say no to
Fruits	<ul style="list-style-type: none"> • Fresh, frozen or canned fruit 	<ul style="list-style-type: none"> • Coconut
Vegetables	<ul style="list-style-type: none"> • Fresh, frozen or canned vegetables (without added fat) 	<ul style="list-style-type: none"> • Avocado • Olives • Vegetables with added fats
Grain Products	<ul style="list-style-type: none"> • Whole grain breads, crackers such as rice crackers with less than 1 gram of fat per serving • Cereals such as oatmeal, Cream of Wheat or dry cereals • Rice (white or brown), barley and other whole grains; low fat microwave popcorn (less than 1 gram fat per serving) • Spaghetti, macaroni and other noodles without egg yolks 	<ul style="list-style-type: none"> • Tea biscuits, doughnuts, pancakes, waffles, sweet rolls, crackers, cornbread • Cereals with nuts or coconut • Ramen noodles, egg noodles • Breads, crackers, cereals or popcorn with 1 gram or more of fat per serving
Milk and Alternatives	<ul style="list-style-type: none"> • Skim or 1% milk, low fat soy milk, rice milk • Low fat yogurt, frozen yogurt, sour cream, cottage cheese, buttermilk, evaporated milk (0 to 1% milk fat or MF) • Low fat cheese products with less than 20% MF in small amounts 	<ul style="list-style-type: none"> • Homogenized or 2% milk • Regular soy milk • Regular yogurt, ice cream, buttermilk, evaporated milk, sour cream, cottage cheese with 2% MF or more • Regular and full fat cheese products with 20% MF or more

Food Group	Say yes to	Say no to
Meat, fish, poultry, and meat alternatives	<ul style="list-style-type: none"> • Chicken without skin, cooked using low fat methods, fish • Lean cuts of beef such as lean ground beef, veal, lamb (with no visible fat) • Egg whites or low fat egg substitutes • Beans or legumes, canned with no fat • Low fat deli meats 	<ul style="list-style-type: none"> • High fat meats, organ meats, corned beef with visible fat such as. regular or medium ground meats, ribs, bacon, sausage, regular deli meats • Fish canned in oil • Whole eggs, egg yolks • Peanut or other nut butters • Nuts and seeds • Beans or legumes, canned with fat such as pork and beans
Fats and Oils	<ul style="list-style-type: none"> • Spray oils • Fat free salad dressings 	<ul style="list-style-type: none"> • Butter, margarine, oil, lard, shortening, salad dressings • Sauces and gravies
Other foods	<ul style="list-style-type: none"> • Soups (broths with 2 grams of fat or less per serving) • Sugars • Candies • Beverages with no fat, such as juices 	<ul style="list-style-type: none"> • Soups made with 2% or homogenized milk or cream • Candies with butter, coconut, chocolate, cream, caramel

Nutrition Facts table

This is the best place to see how much fat is in a food product. The Nutrition Facts table is usually found on the side of a package. You must look at the serving size. This will tell you how much fat is in one serving.

Almond Granola

Nutrition Facts	
Per $\frac{2}{3}$ C (55 g)	
Amount	% Daily Value
Calories	260
Fat	10 g 15 %
Saturated	1 g 11 %
Trans	0 g
Cholesterol	0 mg
Sodium	25 mg 1 %
Carbohydrate	35 g 12 %
Fibre	6 g 24 %
Sugar	10 g
Protein	7 g
Vitamin A	0 %
Vitamin C	0 %
Calcium	6 %
Iron	10 %

Amount of food in one serving. The amount most often eaten. **This may or may not be the serving size you would have.**

Amount of fat in one serving.

Rice Krispies

Nutrition Facts	
Per $1\frac{1}{4}$ C (33 g)	
Amount	% Daily Value
Calories	130
Fat	0 g 0 %
Saturated	0 g
Trans	0 g 0 %
Cholesterol	0 mg
Sodium	190 mg 1 %
Carbohydrate	35 g 29 %
Fibre	1 g 1 %
Sugar	4 g
Protein	2 g
Vitamin A	25 %
Vitamin C	25 %
Calcium	0 %
Iron	50 %

Of these 2 products, Rice Krispies has less fat per serving. Rice Krispies is the better choice to make if you have problems digesting and absorbing fats.

Making your way through the grocery store

You will see nutrition claims on food packages. Choose foods that have the claims, “Fat Free”, “0 Fat”, “Zero Fat” or “No Fat” most often. Foods labeled with the claim “low fat” have 3 grams or less of fat per serving. This may or may not be okay for you. Always check the packages for the Nutrition Facts Table to see how much fat is in each serving.

The chart on pages 6 to 11 shows you products at the grocery store that you can have on a low fat diet.

Tips to help you limit your intake of fat

Spread the fat evenly throughout the day. Larger amounts at one time could make you feel uncomfortable. Having smaller meals and snacks is one way you can spread the fat throughout your day. It is important for you to watch your fat intake closely and make changes when needed such as if you do not feel well.

Grain Products		
Choices with 1 gram of fat or less per serving		
Brand	Item	Serving Size
Breads		
ACE Bakery Breads	White baguette	1 slice
	Country wheat	
	Ciabatta lunga	
	White demi-baguette	
	Country coule	
	Organic white bread	
	Organic white oval	
	Ciabatta	
	Rustic italian oval	
	Sundried tomato petit pain	
	Calabrese oval	
	Roasted onion petit pain	
	Cranberry raisin flax	
	Cranberry raisin focaccia	
Haddad Bakery Pita	White	1 pita
	100% whole wheat	
	High protein	½ pita
Pita Gourmet	Whole wheat	1 pita
Pita Break Mini Pita Pocket	Regular	1 pita
	Garlic	
Weight Watcher's	100% whole wheat sandwich rolls	1 roll
	100% whole wheat pita	½ pita
	Whole wheat bread	2 slices
	White bread	
	100% whole grain flat rolls	1 roll
	100% whole wheat english muffin	1 muffin
100% whole wheat bagel	½ bagel	
Dempster's	Body Wise bread	2 slices
	Multi-grain bread	1 slice
	Wheat and oats bread	
	Smart white	
	White bread	
100% whole wheat		

Grain Products			
Choices with 1 gram of fat or less per serving			
Brand	Item	Serving Size	
Breads (continued)			
Old Mill Bagels	Whole wheat	½ bagel	
	Poppy seed		
	Plain		
	Blueberry		
	Sesame seed		
Wonder	Cinnamon raisin	1 muffin	
	White (enriched) english muffin		
	Whole wheat english muffin		
	Wonder Thin: sandwich thin		2 slices
	Simply Free bread		1 slice
	Invisibles bread		
	Enriched white bread		
Cereals			
Post	Sugar Crisp	1 cup	
	Shreddies (Original)		
	Alpha-bits		
	Shreddies (Honey)	¾ cup	
	Shredded Wheat + Bran	⅔ cup	
	Shredded Wheat, Spoon Size		
	Original Shredded Wheat	2 biscuits	
	Honeycomb	1¼ cup	
General Mills	French Toast Crunch	¾ cup	
	Golden Grahams		
	Lucky Charms		
	Banana Nut Cheerios		
	Honey Nut Cheerios		
	Fibre 1 Original	½ cup	

Grain Products			
Choices with 1 gram of fat or less per serving			
Brand	Item	Serving Size	
Cereals (continued)			
Kellogg's	Crispix Rice Krispies Rice Krispies Vanilla Flavour Corn Pops Corn Flakes Special K (Original) Special K Blueberry Special K Red Berries	1 Cup	
	Froot Loops Frosted Flakes Special K Vanilla Almond Special K Oats and Honey	$\frac{3}{4}$ Cup	
	Raisin Bran All- Bran Flakes	1 Cup	
	All-Bran Buds	$\frac{1}{3}$ Cup	
	All-Bran Original	$\frac{1}{2}$ Cup	
	Mini-Wheats Little Bites (Original)	51 biscuits	
	Mini-Wheats Original Frosted	21 biscuits	
	Mini-Wheats Strawberry	27 biscuits	
	Mini-Wheats Brown Sugar	20 biscuits	
	Mini-Wheats Blueberry	25 biscuits	
	Mini-Wheats Cinnamon Streusal	23 biscuits	
	Mini-Wheats Maple	27 biscuits	
	Nature's Path	Heritage Heirloom Whole Grains Synergy: 8 Ancient Grains Honey'D Corn Flakes Fruit Juice Sweetened Cornflakes	$\frac{3}{4}$ Cup
		Sunrise Crunchy Vanilla Sunrise Crunchy Maple	$\frac{2}{3}$ Cup
	Kashi	Organic Flakes and Berry	1 Cup
	Go Lean 7 Whole Grain Puffed 7 Whole Grain Honey Puffed Organic Cinnamon Harvest Organic Bite Size Whole Wheat	1 Cup	

Grain Products		
Choices with 1 gram of fat or less per serving		
Brand	Item	Serving Size
Crackers		
Rice Crisps	Natural Sweet Chili Cheese Unsalted	10 crackers
Rice Thins	Original Multi-grain	10 crackers

Milk and Alternatives		
Choices with 2 grams of fat or less per serving		
Brand	Item	Serving Size
Cheese		
Kraft Singles	Fat Free Cheese Slices <ul style="list-style-type: none"> • Plain • Mozzarella • Swiss 	1 slice
Laughing Cow	Laughing Cow Light	1 triangle
Boursin	Boursin Light	1 tablespoon
Allegro	4% Cheese	1" cube (30 grams)
	Light Cream Cheese Spread	1 tablespoon
Baby Bel	Baby Bel Mini's Light	½ circle
Cottage Cheese		
Nordica	Fat Free Cottage Cheese	½ cup
Sealtest	Fat Free Cottage Cheese	½ cup
Cream Cheese		
Kraft	Philadelphia 95% fat free cream cheese	1 tablespoon
Yogurt		
Astro	Original Original Organic BioBest Probiotic BioBest Antioxidant BioBest Calcium ZerO%	1 container (100 g)

Milk and Alternatives		
Choices with 2 grams of fat or less per serving		
Brand	Item	Serving Size
Yogurt (continued)		
Yoplait	Source 0% Yoptimal Stirred 0% MF	1 container (100 g)
	Tubes Creamy Stirred Creamy Tropical	1 container (60 g)
Danone	Fat Free Activia Silouhette 0+	1 container (100 g)
	Satisfaction	1 container (120 g)
	Danacol	1 container (80 mL)
	Danino Coolision	1 container (60 g)
Liberte	0% MF Greek	1 container (175 g)
Frozen yogurt and ice cream		
Skinny Cow	Sundae Cup <ul style="list-style-type: none"> • Chocolate Chip Cookie Dough • Strawberry Cheese Cake • Chocolate • Vanilla 	1 cup
	Mini Fudge Bars Mini Caramel Bars Mini Vanilla Bars	1 Bar
Chapman's	Yogurt Plus – Vanilla Bean	½ cup
	Sorbet	½ cup
	No-sugar Water Ice: Li'L Lolly	1 Lolly

Meat, Fish, Poultry and Meat Alternatives Choices with less than 5 grams of fat per 3 ounce serving		
Brand	Item	Serving Size
Schneider's	Fat free Deli Meats <ul style="list-style-type: none"> • Hickory Smoked Ham • Smoked Chicken Breast • Chicken Breast • Cooked Ham • Smoked Ham • Turkey Breast • Smoked Turkey Breast • Peppercorn Turkey Breast 	3 slices
	Low in fat Bologna	2 slices = 1 gram fat
Ziggy's	Extra lean black forest ham Extra lean chicken breast Extra lean turkey breast	2 slices = 1 gram fat
	Extra lean cooked ham Smoked Ham (Honey and Maple)	2 slices = 1.5 gram fat
Pillers	Turkey Breast	2 slices = 0.5 gram fat
	Black Forest Ham Chicken Breast	2 slices = 1 gram fat
Maple Leaf	Natural Selections: <ul style="list-style-type: none"> • Uncured Baked Ham • Smoked Uncured Black Forest Ham • Oven Roast Chicken Breast 	4 slices = 1 gram fat

Low fat meal ideas

Breakfast

- Include cereals such as Rice Krispies®, Corn Flakes®, Corn Pops® or Special K® with skim milk, 1% milk or fat free soy milk.
- Top your cereal with fresh fruit.
- Add jam or jelly to toast or a bagel.
- Cut up fruit and mix in fat free or 1% yogurt.
- Make an egg white omelette – use a non-stick pan and beat liquid egg whites with fat free ham and minced vegetables such as tomatoes, peppers or mushrooms.
- Use a blender to make a smoothie:
 - 1 cup frozen or fresh fruit
 - 1/2 cup fat free or 1% yogurt or sorbet
 - 1/2 cup skim milk, 1 % milk, fat free soy milk or juice
- Drink skim milk, 1% milk, fat free chocolate milk, fat free soy milk or fruit juice.

Lunch

- Make a deli sandwich – use fat free luncheon meat, bagel or bread, vegetables (lettuce, tomatoes or cucumbers) and condiments like fat free mayonnaise, fat free mustard, salt and pepper.
- Make a salad with a fat free dressing – use ½ cup of beans or chickpeas with your favourite vegetables (lettuce, spinach, peppers, tomatoes). Add fresh berries or dried fruits for more variety.
- Drink skim milk, 1% milk, fat free chocolate milk, fat free soy milk or fruit juice.

Supper

- Add 4 oz of cooked chicken breast in tomato sauce over 1 cup cooked macaroni. Serve with 2 cups steamed broccoli and carrots with 1 tsp low fat margarine.
- Boil or bake a potato or yam. Add fat free sour cream and green onions on top.
- Cut up fruit and mix in fat free or 1% yogurt.
- Get extra protein with egg whites, fat free luncheon meats or beans.
- Drink skim milk, 1% milk, fat free chocolate milk, fat free soy milk or fruit juice.

Snack

- Spread 1 Laughing Cow Light Cheese triangle over 10 rice crackers

Low fat diet

Choices to make when away from the home

Snacking while out

Many convenience food items such as chips, chocolate bars, ice cream and cookies are usually too high in fat, unless they are low in fat or fat free. One way to make sure you have the right snack while you are out is to grab an extra fruit on your way out of the house. Below are some tasty snacks to try at home:

- $\frac{3}{4}$ cup low fat or non-fat yogurt with 1 cup berries.
- 3 to 4 slices fat free cheese with apple slices.
- $\frac{1}{2}$ bagel with 1 slice low fat or fat free melted cheese and 2 apple slices.
- Homemade potato chips. To make them, thinly slice 1 potato and mix with a drop of olive oil, salt and paprika. Bake at 350°F for 8 to 10 minutes.
- Oatmeal with $\frac{1}{4}$ cup skim milk, honey and cinnamon.
- Slice of toast with fat free cottage cheese and cinnamon.
- Fat free yogurt and fruit smoothie.

Restaurant dining

It is still possible to enjoy a meal out by keeping these tips in mind:

- ✓ Ask that potatoes, rice, pasta and breads are served unbuttered or without oil.
- ✓ Ask for dressings to be served on the side. Dip your fork in the dressing before your salad.
- ✓ Look for nutrition information at restaurants or on their websites.

Menu Item	Choose More Often	Choose Less Often
Appetizers and Side Dishes	<ul style="list-style-type: none"> • Whole grain bread, pita and pasta • Steamed vegetables • Brown rice • Baked potatoes topped with salsa, broccoli, or low fat dressing 	<ul style="list-style-type: none"> • Bacon bits • Croutons • Cheese • Mayonnaise-based items • Croissants and biscuits
Dressings for Salads	<ul style="list-style-type: none"> • Low fat or fat free salad dressings 	<ul style="list-style-type: none"> • Shredded cheese • Creamy salad dressings
Condiments for Sandwiches	<ul style="list-style-type: none"> • Low fat cottage cheese • Fat free cream cheese • Salsa • Mustard • Pickles • Low fat dressings 	<ul style="list-style-type: none"> • Butter • Mayonnaise • Cream-based spreads • Dressings
Entrees	<ul style="list-style-type: none"> • Foods prepared using lower fat techniques: grilled, broiled, baked, roasted, steamed or poached • Pizza with more vegetables, half the amount of cheese and lean protein choices such as chicken 	<ul style="list-style-type: none"> • Deep fried options • Cream-based soups • Alfredo and cream sauces on pasta • Breaded and crispy items
Desserts	<ul style="list-style-type: none"> • Fresh fruit • Low fat yogurt or sorbets 	<ul style="list-style-type: none"> • Pies and cakes • Ice cream