

## Abiraterone 250 mg dose with a low-fat breakfast

There is more than one way to take Abiraterone. Your physician has prescribed abiraterone (Zytiga<sup>®</sup>) 250 mg to be taken by mouth every morning with a low-fat breakfast. Taking abiraterone as instructed is important to allow your treatment to be as safe and effective as possible.

### What is low-fat food?

- Foods with less than 3 grams of fat per 100-calorie serving are low-fat.
- For more information on understanding and using the nutrition facts label, visit [www.fda.gov/food/nutrition-education-resources-materials/how-understand-and-use-nutrition-facts-label#overview](http://www.fda.gov/food/nutrition-education-resources-materials/how-understand-and-use-nutrition-facts-label#overview).

### Examples of low-fat breakfast options:

Food Group	Recommended Food
Milk and dairy products	<ul style="list-style-type: none"> <li>• Fat-free or low fat (1%) milk, yogurt, cheese or cottage cheese</li> <li>• Fat-free or low-fat plant-based milk and milk alternatives, such as soy or almond</li> </ul>
Fruits and Vegetables	<ul style="list-style-type: none"> <li>• Fresh, frozen, canned or dried fruit</li> <li>• Cooked or raw vegetables without added fat, gravy, butter and/or sauce</li> </ul>
Grains (Choose whole grains that are high in fiber)	<ul style="list-style-type: none"> <li>• Hot cereal (oatmeal or grits)</li> <li>• Cold cereals (except granola types and cereals with added nuts and seeds)</li> <li>• Whole grain bagels, whole-grain breads, pita bread or English Muffins</li> <li>• Rice</li> <li>• Potatoes, both white and sweet, prepared without butter or toppings</li> </ul>
Protein	<ul style="list-style-type: none"> <li>• Egg whites or substitutes</li> <li>• Skinless poultry, such as turkey or chicken</li> </ul>
Fats, oils and condiments	<ul style="list-style-type: none"> <li>• Cooking spray for cooking and baking</li> <li>• Vegetable or unsaturated oils (i.e., olive, canola)- use fats/oils sparingly</li> <li>• Salsa</li> <li>• Ketchup</li> </ul>

### Avoid these high-fat foods:

- Fried, fatty or greasy foods
- Pastries, doughnuts, rich breads, rolls, biscuits, cornbread and egg bagels
- Meat high in fat, such as bacon and sausage
- Peanut butter and regular/full fat cheese
- Any type of oil or regular/full-fat butter
- Whipped cream, sour cream and half and half
- Nuts, chocolate, avocados and coconuts

**Please talk to your healthcare team if you have any questions.**

**If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.**