

Very Low-Fat Diet

A very low-fat diet limits how much fat you can eat. The goal is to have you eat as little fat as possible. You may be told to follow this diet:

- After certain surgeries of the abdomen or chest (retroperitoneal lymph node dissections).
- When there is a leak in the lymphatic system (chyle leak).
- If fatty fluid builds up in the abdomen (chylous ascites) or in the chest (chylous thorax).

A member of your healthcare team will tell you when to resume your regular diet.

Key Points

- **Always check the Nutrition Facts label on packaged goods.**
- Eat only foods with zero grams of fat.
- Do not use any fat to prepare food.
- Use non-stick pans to stop foods from sticking when you cook.
- Use condiments, spices, herbs, garlic, onions, and chives that have no fat to flavor food.

Below you will find a table and sample menus to help you follow this diet.

Very Low Fat Diet Guidelines

Food Group	Foods Allowed	Foods To Avoid
Dairy	Zero-gram fat (fat-free) <ul style="list-style-type: none"> • Skim milk • Cultured or frozen yogurt • Cottage cheese • Other fat-free dairy products 	Any that have fat <ul style="list-style-type: none"> • Low-fat or whole-fat milk • Soy milk • Yogurt • Puddings • Cheeses
Beverages	Zero-gram fat (fat-free) <ul style="list-style-type: none"> • Coffee • Tea • Soda • Juices • Fruit punch • Fat-free hot chocolate 	Any that have fat <ul style="list-style-type: none"> • Creamers • Coconut milk • Almond milk • Smoothies containing fatted dairy products • Fruit beverages that contain fat (such as pina colada juice)
Breads, Cereals, and Grains	Zero-gram fat (fat-free) <ul style="list-style-type: none"> • Hot or cold cereals • Plain pasta • White rice • Rice noodles • White bread • Fat-free varieties of Vita Muffins® and Vita Tops® • Rolls • Matzo • Zwieback • Crackers • Bread sticks • Angel food cake • Air-popped popcorn 	Any that have fat, nuts, seeds or coconut <ul style="list-style-type: none"> • Doughnuts • Croissants • Pastries • Pies • Whole grain products • Brown rice

INFORMATION

Food Group	Foods Allowed	Foods To Avoid
Fruits	<p>Except for those fruits on the “Foods to Avoid” column, you may have all other fruit in these forms:</p> <ul style="list-style-type: none"> – fresh – frozen – jarred – canned – dried <ul style="list-style-type: none"> • Jellies • Jams • Juices 	<ul style="list-style-type: none"> • Coconut • Cherimoya • Dried figs • Papaws • Sapodillas • Sapotes <p>Any fruit with toppings containing fat, such as whipped cream</p>
Vegetables	<p>Except for those vegetables on the “Foods to Avoid” column, you may have all others in these forms:</p> <ul style="list-style-type: none"> – Fresh – Frozen – Jarred – Canned – Juices <ul style="list-style-type: none"> • Boca Original Veggie Burger® and other fat-free veggie burgers 	<ul style="list-style-type: none"> • Olives • Chickpeas (garbanzos) • Soybeans • Avocados • Jarred vegetables in oil <p>Any with</p> <ul style="list-style-type: none"> • Butter • Oil • Margarine • Sauces that contain fat
Meats and Poultry	<p>Two(three ounce) servings daily of fat free deli or lunch meat such as:</p> <ul style="list-style-type: none"> • Oscar Mayer® Variety Pack fat free ham and turkey • Alpine Lace® Fat Free Turkey breast 	All others
Fish	None	All
Eggs	<p>Fat-Free egg substitutes (Egg Beaters®) Egg whites</p>	Egg yolk
Fat	<ul style="list-style-type: none"> • Two (one teaspoon) servings daily: Fat-free butter-type spreads (such as Promise®, “I Can’t Believe Its Not Butter®”) • Medium-chain triglyceride oil (sold in pharmacies or health food stores) <ul style="list-style-type: none"> – As a salad dressing with vinegar or lemon – Mixed in fruit such as applesauce – To sauté food at low heat, not deep fry 	<p>Any with</p> <ul style="list-style-type: none"> • Butter • Margarine • Oils • Cooking oil sprays • “Regular” or low fat salad dressings
Soups	Fat-free broth or soup such as Health Valley® soup cups	All others

Food Group	Foods Allowed	Foods To Avoid
Nutritional Supplements	Zero-gram fat (fat-free) supplements <ul style="list-style-type: none"> • Ensure Clear® (Abbott Nutrition) • Boost Breeze® (Nestle) • Carnation Instant Breakfast Drink® powder vanilla or strawberry mixed with skim milk • Pro-Stat® • Whey Protein Powder 	<ul style="list-style-type: none"> • Carnation Instant Breakfast® Ready-to-drink or powdered chocolate • All others containing fat including Ensure®, Glucerna®, and Boost®
Condiments/Variou	<ul style="list-style-type: none"> • Ketchup • Fat-free mustard • Fat-free mayonnaise • Fat-free salsa • Louisiana red hot sauce • Soy sauce • Vinegar • Pickles • Pickle relish • Plain horseradish • Sauerkraut • Zero-gram-fat (fat free) salad dressings • Molly McButter® limited to two teaspoons daily 	<ul style="list-style-type: none"> • Regular or low-fat mayonnaise • Nuts • Seeds • Olives • Peanut butter • “Regular” or low-fat salad dressings • Any with added fat

Sample Menu #1

Breakfast

- Farina with skim or double milk (directions below)
- Boost Breeze[®] or Ensure Clear[®] beverage
- Dry toast with jelly
- Coffee with fat-free half 'n half or skim milk

Lunch

- Fat-free egg white omelet with mushrooms and tomato
- Matzoh
- Carnation Instant Breakfast Drink[®] powder with skim milk or double milk (directions below)
- Fresh pineapple

Dinner

- Mixed green salad with fat-free dressing
- Fat-free spaghetti with fat-free tomato sauce
- Green beans prepared in fat-free broth
- Toasted fat-free bread with garlic powder
- Fruit juice
- Fat-free frozen yogurt with maple syrup

Snack

- Fat-free pretzels
- Double milk with fat-free chocolate syrup

Double Milk Recipe:

To make the double milk combine 1 quart fluid skim milk with 1 envelope of non-fat dry-milk powder. Blend well and refrigerate. It has double the calories and protein of plain skim milk.

Sample Menu #2

Breakfast

- Eggbeaters® with fat-free salsa
- BlueBran VitaMuffin™ (found in the freezer section of the grocery store) with strawberry jam
- Pineapple chunks
- Tea with lemon and honey

Lunch

- Fat-free cottage cheese and fruit
- Zwieback with apricot jam
- Strawberry Carnation Instant Breakfast Drink® with skim milk or double milk (directions on previous page)

Dinner

- Fat-free veggie burger with ketchup and mustard
- Baked sweet potato with marshmallows
- Homemade cole slaw (shredded cabbage, carrots, onions, fat-free mayonnaise and vinegar)
- Fat-free ice cream with fat free chocolate syrup
- Fruit juice

Snack

- Fat-free yogurt

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