



## **Modified Fat Diets**

### **25 – 40 Gram Fat Diet**

#### **General Description**

The 25 – 40 gram fat diet limits total intake of both saturated and unsaturated fat.

#### **Indications for Use**

A low total fat intake may be indicated in the treatment of a number of disorders including diseases of the liver, pancreas, gallbladder, and lungs. In some cases, medium-chain triglyceride (MCT) oil may be used to replace other dietary fats when digestion and transport of long-chain triglycerides is impaired.

#### **Nutrition Adequacy**

In comparison to the Recommended Dietary Allowances, this diet is adequate in all nutrients with the same exceptions as the regular diet. The patient may require monitoring to ensure adequate calorie intake and/or the need to supplement fat-soluble vitamins.

## 25-40 Gram Fat Diet

Food groups	Servings/day	Foods allowed	Foods not allowed
Dairy	Fat-free or nonfat foods may be eaten as desired	Skim milk. Hot chocolate with 1% fat or less.	
	Low fat foods are limited as follows:  25 gm fat diet: 1 serving/day 40 gm fat diet: 2 servings/day	Low fat yogurt or low fat cheeses containing $\leq 3$ grams fat/ounce	Cheeses or yogurt with $>3$ gm fat/ounce Whole milk, 2% milk, buttermilk, chocolate milk. Eggnog. Milkshakes.
Meat or substitute	Limit to items containing no more than 3 gm fat/ounce  25 gm fat diet: 5 ounce/day 40 gm fat diet: 6 ounce/day	Baked, broiled or boiled lean beef, fish, pork poultry (no skin) shellfish or veal. Water-packed canned fish. Soy-based meat substitutes $\leq 3$ gm fat/ ounce	Meat or substitute containing $>3$ gm fat/ounce. Fried or oil-packed items. Regular luncheon meats, regular hot dogs, regular sausage, peanut butter, Soy-based meat substitutes with $>3$ gm fat/serving.
Egg	Fat free or non fat foods may be eaten as desired	Egg whites. Egg substitute.	
	Limit whole eggs to 1 serving/day as a meat substitute.	Whole egg.	Fried. Any prepared with added fat or foods not allowed
Potato or substitute	As desired	Potato, rice, noodles, or pasta except those not allowed.	Any prepared with added fat or foods not allowed.
Vegetables	As desired	Any vegetable except those not allowed	Any prepared with added fat or foods not allowed.

## 25-40 Gram Fat Diet

<b>Food groups</b>	<b>Servings/day</b>	<b>Foods allowed</b>	<b>Foods not allowed</b>
Fruits and Fruit juices	As desired	Any except those not allowed	Avocado. Any prepared with added fat or foods not allowed.
Breads and Cereals	As desired	Any plain bread, or roll. English muffins. Graham crackers, matzoh, saltines. Baked chips, pretzels. Cereals except those not allowed.  Pancakes, french toast or muffins, if prepared with allowed ingredients.	Biscuits, croissants doughnuts. Sweet rolls or regular muffins. Regular pancakes or french toast. Cornbread, snack crackers, croutons. Regular granola-type cereals.

## 25-40 Gram Fat Diet

Food groups	Servings/day	Foods allowed	Foods not allowed
Fats	Fat free or nonfat foods may be eaten as desired	Fat-free salad dressing or mayonnaise.	
	<p>Limit low fat or regular fat foods limit as follows:</p> <p>25 gm fat diet: 1 serving/day 40 gm fat diet: 3 servings/day</p> <p>1 serving = 2 Tbsp (low fat salad dressing, low fat mayonnaise)</p> <p>1 serving= 1 tsp (regular margarine, regular mayonnaise or oil)</p> <p>1 serving = 1 Tbsp. (regular salad dressing)</p> <p>1 serving = 2 each (non-dairy creamers)</p>	Butter, margarine, regular salad dressing, low fat mayonnaise, non-dairy creamer, oil, gravy, sauces, bacon, cream	
	Use as a substitute for fat allowance.	MCT oil or spread, if ordered.	
Beverages	As desired	Coffee, tea, carbonated beverages, fruit drinks, Gatorade, Kool-aid.	Any containing foods not allowed.

## 25-40 Gram Fat Diet

<b>Food groups</b>	<b>Servings/day</b>	<b>Foods allowed</b>	<b>Foods not allowed</b>
Soups	As desired	Broth, broth-based soups, cream soups made with allowed ingredients	Any containing foods not allowed
Desserts/ Sweets	As desired	Gelatin, angelfood cake, fruit ice, popsicle, or other fat-free desserts.  Honey, jelly, sugar, syrup, hard candy, gumdrops, cocoa, marshmallows.	Cakes, cookies, pastries, pies. Custards puddings, ice cream. Chocolate. Coconut.
Miscellaneous	As desired	Salt, pepper, herbs, spices, seasonings, catsup, mustard, lemon, pickles, vinegar.	

**25-40 Gram Fat Diet****Suggested Meal Plan—25 gram Fat diet**

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
Fruit or Juice	60 gm Meat or substitute	90 gm Meat or substitute
Cereal	Potato or substitute	Potato or substitute
Egg substitute	Vegetable	Vegetable
	Salad/Fat-free Salad Dressing	Salad/Fat-free Salad Dressing
Margarine or MCT oil spread		
Jelly	Fruit/Dessert	Fruit/Dessert
Toast	Bread	Bread
Jelly	Jelly	Jelly
Skim Milk		Skim Milk
Beverage	Beverage	Beverage

## 25-40 Gram Fat Diet

## Suggested Meal Plan – 40 gram Fat Diet

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
Fruit or Juice	60 gm Meat or substitute	90 gm Meat or substitute
Cereal	Potato or substitute	Potato or substitute
Egg substitute	Vegetable	Vegetable
	Salad/ Fat-free Salad Dressing	Salad/ Fat-free Salad Dressing
Toast	Bread	Bread
Margarine	Margarine	Margarine
Jelly	Jelly	Jelly
Skim Milk		Skim Milk
Beverage	Beverage	Beverage