



Midwest Therapeutic Endoscopy Consultants

Fat-Controlled Diet

A fat-controlled diet is an important part of the medical management of pancreatic diseases, including pancreatitis. Your diet should contain **30 Grams of fat per day at the MOST**. Eating small, frequent meals is a good way to manage discomfort. If you are above your targeted weight for your height (BMI >25), it is a good idea to do a food diary for 1 week so you can see just exactly what you are eating. If you calculate the calories on a daily basis and then reduce calories by 200 calories a day, this will help in managing weight and resultant dietary intake of fats.

Here are some tips on how to read food labels and count fat grams:

- Look at the **total number** of fat grams on the nutrition label to determine how much fat you will be eating. It is a good idea to write them down as you are eating them.
- **Be careful:** Don't forget to look at the **portion size** per serving. The number of fat grams listed on the label, might only be for a very small amount of food.
- Use low-fat or fat free products in moderation. These products have a tendency to have **more calories** due to the use of refined sugars to make them taste better. Be sure to **count the total fat grams** you eat. Low fat and fat-free products will help you achieve a 30 gram or less diet. For example, on a 30 gram low fat diet, you should consume no more than 4 oz of lean meat per day. (4 oz of lean meat has 12 grams of fat! This would only leave 18 grams of fat from other foods like breads, grains, etc.) The **primary source** of calories should come from **fresh fruits, vegetables and whole grains and lean proteins**. Marbled meats such as steak and hamburger should be avoided or used minimally.
- **Don't forget!** The regular foods you eat (grains, breads, and meat) in your diet will add up to 30 grams of fat easily. For example, 1 slice of bread has about 1-2 grams of fat, coffee creamer has about 1-3 gms of fat per tablespoon.
- **Be sure to read the nutritional contents of recipes.** If a food has sugar, fructose, glucose, etc listed as one of the first ingredients you can be sure there will be a substantial amount of sugar in the product.
- 30 grams of fat daily is enough to meet the daily requirements to meet your nutritional needs.

Calculating Fat Grams

If you are allowed 30 grams of fat daily; start with 30 grams in your **fat bank**. Everything you eat with a fat content is subtracted from 30 and when there are no more fat grams available, you get **no more fat** for the day. You MAY have all the fruit and vegetables you want as they do not have any fat content (unless you add it!)

For example:

30 Grams of fat today

<p><u>Breakfast</u></p> <p>1 egg -5</p> <p>1 slice toast –no margarine -1</p> <p>Jelly or jam 0</p> <p>Orange juice <u>0</u></p> <p style="text-align: right;">24 remaining</p> <p><u>Mid-Morning Snack</u></p> <p>1 cup fat free yogurt 0</p> <p><u>Lunch</u></p> <p>Fat free Cheese Sandwich-toasted -2</p> <p style="padding-left: 20px;">With low fat ham -2</p> <p>Tomato, Mustard, Onion 0</p> <p>Fat Free spray margarine 0</p> <p>Baked Potato Chips -3</p> <p>Fruit cup 0</p> <p>Vanilla Wafers <u>-2</u></p> <p style="padding-left: 20px;">Reduced Fat 15 remaining</p> <p><u>Mid Afternoon Snack</u></p> <p>Apple with 2 tbsp of Peanut butter <u>-4</u></p> <p style="padding-left: 20px;">Reduced Fat 11 remaining</p>	<p><u>Dinner</u></p> <p>Mixed Salad with fat free dressing 0</p> <p>3 oz grilled chicken breast -5</p> <p>Baked Potato with fat free sour Cream 0</p> <p>Margarine 1 tsp Reduced Fat -5</p> <p>Seasoned Vegetables with no Fat 0</p> <p>Angel food Cake with berries <u>0</u></p> <p style="text-align: right;">1 remaining</p> <p><u>Bedtime Snack</u></p> <p>Fat free pudding cup 0</p> <p>Graham Crackers – 1 sheet <u>1</u></p> <p style="text-align: right;">0</p>
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Don't forget! "Fat is fat is fat!"

Be sure to look at TOTAL FAT!

Nutrition Facts	
Serving Size: 1 cup	
Servings per container: About 8	
Amount per Serving	
Calories 140	Calories from Fat 10 % Daily Value **
Total Fat 1 g*	2%
Saturated Fat 0 g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 85 mg	4%
Potassium 480 mg	14%
Total Carbohydrate 30 g	10%
Dietary Fiber 10 g	40%
Soluble Fiber 1 g	
Insoluble fiber 9g	
Sugars 6 g	
Protein 13 g	20%
Vitamin A 0% -	Vitamin C 0%
Calcium 6% -	Iron 10%
Phosphorus 20% -	
*Amount in Cereal. One half cup of fat free milk contributes an additional 40 calories, 65 mg of sodium, 6 g total carbohydrates (6 g sugars) and 4 g protein.	
**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories per Gram:	
Fat 9 - Carbohydrate 4 - Protein 4	

Resources for low fat recipes

	Internet Sites:
Cooking Light	http://cookinglight.com
Good Stuff Online	http://www.goodstuffonline.com/recipes.html
Calorie Control Council	http://www.caloriecontrol.org/recipes.html
Ladies Home Journal	http://www.lhj.com/home/Low-Fat-Meals.html
Low Fat Recipes	http://www.low-fat-recipes.com
PastryWiz Low Fat Recipes	http://www.pastrywiz.com/archive/category/lowfat.html
Meals.com	http://www.meals.com/LowFatRecipes.asp

Most of these internet sites are loaded with information about low fat meals, and have recipes. Be sure to follow the recipes and use the portions as written. Also, eat the portions as listed in order to maintain the number of fat grams in your diet.

Fat-Controlled Diet (25 gm)

Food Groups	Acceptable Foods	Foods to Avoid
Beverages Can be taken as desired (fat/serving: trace)	Cocoa made with cocoa powder and skim milk: coffee; tea; soft drinks; fat-free powdered drinks; juices	Whole-milk beverages; added cream or chocolate
Breads and Cereals 6-11 servings/day (fat/serving: ≤1 g) Serving Size: 1 Slice bread, 1 cup ready to eat cereal, ½ cup cooked cereal, rice or pasta, ½ bun, bagel or English muffin	Whole grain breads, enriched breads: saltines, soda crackers, other low-fat crackers; cooked cereals, whole-grain cereal except granola type; plain corn or flour tortillas; bagels	Biscuits; breads containing eggs or cheese; sweet rolls; pancakes; French toast; doughnuts; waffles; fritters; muffins; granola-types cereals and breads to which extra fat is added; popovers; snack crackers with added fat; snack chips; stuffing; fried tortillas.
Desserts In moderation (fat/serving: trace)	Skim-milk sherbet, fruit ice; gelatin; angel food cake; vanilla wafers; graham crackers; meringues; skim –milk pudding; fat-free commercial baked products; nonfat ice cream and frozen yogurt; fruit whips with gelatin	All other cakes, cookies, pies and pastries; puddings made with whole milk or eggs; cream puffs and éclairs; ice cream
Fats Amounts listed in the Next Column equal 1 fat serving. 1 equivalent is allowed/day for a 25 gm diet. Unsaturated fats are recommended (fat/serving: 5 g) Limit to 1 serving a day	<i>Unsaturated fats</i> Margarine (1 tsp) Diet margarine (1 tbsp) Fat-free margarine* Mayonnaise: Reduced-calorie (1tbsp) Regular (1 tsp) Fat-free* Creamy salad dressings: Reduced calorie (1 tbsp) Regular (2 tsp) Fat-free* Vegetable oils (1 tsp) Nuts: Cashews (1 tbsp) or 2 Whole almonds (6 whole) Peanuts (20 small or 10 large) Peanut Butter (2 tsp) Cashew butter (2 tsp) Walnuts (2 whole) Pistachios (18 whole) Other nuts (1 tbsp) *Some “fat-free” items contain trace amounts of fat and should not be eaten indiscriminately. Check food labels and/or consult food manufacturer for individual items	Any amount in excess of recommended amounts.

Food Groups	Foods Recommended	Foods to Avoid
<p>Fats (continued)</p>	<p>Seeds: Sesame (1 tbsp) Sunflower (1 tbsp) Pumpkin (2 tsp) Olives 10</p> <p><i>Saturated Fats</i> Bacon (1 slice) Bacon fat (1tsp) Butter (1 tsp) Whipped butter (2 tsp) Chitterlings (1/2 ounce) Shredded coconut (1 tbsp)</p> <p>Cream: Light, coffee, table (2 tbsp) Heavy whipping (1tbsp) Sour cream (2 tbsp)</p> <p>Cream cheese: Light (2tbsp) Regular (1 tbsp)</p> <p>Coffee whitener: Liquid (2 tbsp) Powder (4 tsp)</p> <p>Lard (1tsp) Shortening (1 tsp) Salt pork (¼ oz)</p> <p>Oils: Coconut (1 tsp) Palm (1 tsp)</p>	
<p>Fruits 2-4 servings/day (fat/serving: trace)</p> <p>Serving Size = 1 medium, ½ cup canned, ¾ cup juice, ¼ cup dried</p>	<p>Fresh, frozen, canned, or dried fruit; fruit juices</p>	<p>Avocado in excess of amount allowed on fat list</p>
<p>Lean Meat and meat substitutes 4 oz/day (fat serving: 3 g) Serving Size = 2-3 oz cooked* ; count 1 egg and ½ cup cooked beans as 1 oz of meat</p> <p>*3 oz of cooked meat is about the size of a deck of cards</p> <p>Amount stated denotes cooked portion.</p>	<p>Recommended preparation methods are broiling, roasting, grilling or boiling; weigh meat after cooking.</p>	<p>Note: All visible fat and poultry skin should be trimmed prior to eating.</p>

Food Groups	Foods Recommended	Foods to Avoid
Fish	All fresh, frozen, or canned in water; crab, lobster, scallops, shrimp, clams, oysters, tuna; herring (not creamed or smoked); sardines (canned, drained); salmon (canned in water)	Tuna (packed in oil), salmon (packed in oil)
Poultry	Chicken, turkey, Cornish hen	Duck, goose
Veal	All cuts are lean except those listed under foods to avoid	Cutlets (ground or cubed)
Lean Beef	USDA select or choice grades such as round, sirloin, and flank steak; tenderloin; chopped beef	Most USDA prime cuts, such as ribs, corned beef, ground beef, roasts (rib, chuck, rump); most steaks including cubed, T-bone, Porterhouse; meatloaf
Lean Pork	Fresh, canned, cured, or boiled ham; Canadian bacon; tenderloin	Spareribs; ground port; pork sausage (patty or link) chops; loin roast; Boston butt; cutlets; ham hocks; pigs feet; chitterlings
Lean Lamb	Arm, foreshank, leg, loin, and shank cuts	Patties (ground lamb), blade, rib and shoulder cuts
Luncheon Meats	95% fat-free; lean ham, turkey or beef	Luncheon meats such as bologna salami, pimento loaf
Legumes	Cooked or canned without added fat	Legumes cooked with added fat
Soy Products	Natto (3 ½ oz = 11g fat) Tempeh (3 ½ oz = 8 g fat) Tofu (3 ½ oz = 9 g fat)	
Cheese	Any cottage cheese; low-fat cheeses made with skim milk and containing 3 g of fat or less per oz; parmesan cheese, grated (2 tbsp = 1 oz, ricotta cheese, part skim	All regular cheeses including American, blue, brie, cheddar, Colby Monterey jack and Swiss
Milk 2 or more Servings/day (fat/serving: trace) Serving Size = 1 cup milk or yogurt, 1 ½ oz natural cheese, 2 oz processed cheese	Skim milk, skim buttermilk, powdered and evaporated skim milk; non-fat yogurt	1%, 2%, whole milks, buttermilk made with whole milk; chocolate milk; cream; regular evaporated milk; whole milk yogurt

Food Groups	Foods Recommended	Foods to Avoid
Eggs In moderation (fat/serving: trace)	Egg whites and fat-free egg substitutes	Egg yolks
Potatoes and Potato Substitutes As desired (fat/serving: trace)	Potatoes; rice; barley; noodles without egg yolks; spaghetti, macaroni, and other pastas	Fried potatoes; fried rice; potato chips; chow mein noodles; items prepared with added fat, such as au gratin potatoes, unless fat is deducted from fat allowance
Soups As desired (fat/serving: trace)	Fat-free broth; fat-free vegetable soup; cream soup make with skim milk and allowed fat; packaged dehydrated soups	All others
Sweets In moderation (fat/serving: trace)	Sugar; honey; jelly, jam; marmalade; molasses; maple syrup; sour balls; gum drops; jelly beans; marshmallows; hard candy; cocoa powder	Candies made with butter, coconut, chocolate, or cream
Vegetables 3-5 servings/day (fat/serving: trace)	All fresh, frozen, or canned vegetables prepared without fats or sauces containing fat	Buttered, au gratin, creamed, or fried vegetables unless made with allowed fat
Serving Size = 1 cup raw leafy, ½ cup cooked, ¾ cup juice		
Miscellaneous In moderation (fat/serving: trace)	Ketchup; chili sauce; vinegar; pickles; vanilla; unbuttered popcorn; white sauce made with skim milk and allowed fat; mustard; all herbs and seasonings; apple butter	Olive and nuts in excess of specified portions; cream sauces; gravies; buttered popcorn

This diet is adequate in all nutrients based on the 1989 Recommended Dietary Allowances.

Sample Menu for a Fat-Restricted Diet (25gm)

Breakfast	Lunch	Dinner
Orange juice (1 cup) Whole-grain cereal (3/4 cup) Banana (1 medium) Whole-wheat toast (1 slice) Diet margarine (1/2 tsp) Jelly or jam (2 tbsp) Skim milk (1 cup) Coffee/tea	Fat-free vegetable soup (1 cup) Saltine crackers (4) Sliced turkey breast (2 oz) Whole-wheat bread (2 slices) Mustard (1/2 tbsp) Fat-free mayonnaise (1 tbsp) Sliced tomato (1/2 medium) And lettuce Fresh fruit salad (1/2 cup) Graham crackers (4) Skim milk (1 cup) Coffee/tea SNACK Canned peaches (1 cup) Nonfat plain yogurt (1/2 cup)	Tossed green salad (3 ½ oz) Fat-free salad dressing (1 tbsp) Broiled boneless skinless chicken Breast (2 oz) Herbed brown rice (1/2 cup) Steamed broccoli (1/2 cup) Whole-grain roll (1) Diet margarine (1/2 tsp) Jelly or jam (1 tbsp) Fruit ice (1/2 cup) Medium apple (1)



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In order to have a really good idea of the fat content, it is important to write down exactly what you are eating. Feel free to use this page as a working document to help you see/remember what you have eaten for the day. Don't hesitate to make copies of this form.

Date:

Breakfast	Lunch	Dinner	Snacks