



HEALTH FOR LIFE

Restricted Fat Diet for Pancreatitis and Gallbladder Disease

General Guidelines:

1. Eat only the foods listed on the diet. Foods labeled “low fat,” “nonfat,” or “fat free” are also allowed.
2. Foods with less than 3 grams of fat per serving are considered low fat.
3. Limit use of fats and oils in cooking or for seasoning to 3 teaspoons daily.
4. Use only lean meats. Choose round or loin cuts of meats. Meats should be broiled, boiled, charcoal broiled or baked. Discard the fat which cooks out of the meat.
5. Do not eat fried foods.
6. Avoid over-eating. It is better to eat several small meals a day rather than one or two large meals.
7. Check with your doctor about the length of time you should follow this diet. Low fat diets over time are healthy for most people.

Foods Allowed in Your Daily Diet (Limit amounts of foods listed)

Dairy Products: 2 or more servings daily

- Skim milk or 1% milk
- Fat free buttermilk
- Cottage cheese labeled “low or non-fat”
- Cheeses labeled “low or non-fat”
- Yogurt, frozen yogurt or ice creams, made from low fat milk
- Dry milk powder

Meat, Fish and Poultry: Limit to no more than 6 oz. daily

- Turkey (remove skin before cooking)
- Chicken (remove skin before cooking)
- Fish (packed in water rather than oil)
- Organ meats including liver
- ▶ Egg (equals 1 ounce of meat)
- Shellfish (lobsters, clams, scallops, oysters, crab)
- ▶ Sweetbreads
- Lamb
- Lean pork
- Lean beef
- Lean veal

(over)

Vegetables

- Two or more servings daily of cooked or raw vegetables. Include a dark green or yellow vegetable daily.

Starches / Breads: 4 or more daily

- White potatoes
- Sweet potatoes
- Pretzels (not flavored)
- Baked chips
- Whole grain or enriched white bread
- Rolls, bagels, English muffins, most cereals without nuts
- Pita bread
- Rice
- Pasta
- Popcorn (without oil or butter / margarine)

Fruits

- Three or more servings daily of fresh, frozen or canned fruits including juices.

Soups

- Soups with a skim milk or fat free broth base that are made from allowed foods.
- Refrigerate homemade soup after preparing. Fat will harden on top and can easily be removed before reheating and serving.

Fats or Substitutes

- Limit to 3 servings daily in cooking or at table. One serving equals 1 teaspoon of butter, margarine, or oils, and 1 tablespoon of cream, salad dressing or gravy.
- Fat free salad dressings
- Fat free mayonnaise

Desserts

- Fruits
- Sherbets or fruit ices
- Graham crackers
- Angel Food cake
- Gelatin desserts
- Desserts and cookies labeled "low fat"

Condiments and Sweets

- Sugar
- Jellies
- Hard candies
- Vinegar
- Cinnamon
- Allspice
- Mild flavored herbs
- Dry cocoa
- Hershey's Chocolate Syrup TM
- Tootsie Rolls TM
- Syrups
- Honey
- Salt
- Lemon juice
- Nutmeg
- Paprika

Beverages

- Tea
- Coffee made with low fat milk
- Fruit juices
- Carbonated beverages
- Decaffeinated and cereal beverages

Foods To Limit:

Do not eat the following foods unless your dietitian explains how you can work it into your diet.

1. All fried, fat, or greasy foods.
2. Pies, pastries, cakes, cookies, doughnuts, and ice cream.
3. Rich breads, rolls, and biscuits, cornbread, egg bagels, Chinese noodles, croissants.
4. Meats high in fat such as bacon, sausage, luncheon meats, wieners, goose, duck, canned beef, spareribs, organ meats, fish packed in oil, peanut butter and regular cheeses.
5. Regular salad oils and salad dressings.
6. Gravies, broth with fat, and meat sauces.
7. Whipped cream, sour cream, half and half, butter.
8. Nuts, olives, avocados, coconut.
9. Chocolate (cocoa is permitted).
10. Vegetables prepared with meat fat.

Low Fat Recipes:**Low Fat Beef Gravy**

3 Tablespoons Flour	1 cup hot water
1 Beef Bouillon Cube	¼ teaspoon Salt

Brown flour in frying pan. Add bouillon cube dissolved in hot water to flour slowly, to make a paste. Cook, stirring constantly until thick. Strain out lumps.

Cooking Salad Dressing - 1 Pint

1-½ cups skim milk	¼ cup Vinegar	2 T. Cornstarch
2 T. Prepared Mustard	1 Egg Yolk	1 teaspoon Salt

Blend in top of double boiler milk and cornstarch. Beat together egg yolk, vinegar, mustard and salt. Place milk mixture over hot water and cook until thick and clear stirring constantly. Add egg mixture and cook until thick.

Baked Fish Fillets

1-½ pounds of Fish Fillets	¼ cup hot water	1 tsp. Worcestershire Sauce
Salt, Pepper and Paprika	3 Tablespoons Flour	2-½ T. Sherry (optional)
1 Chicken Bouillon Cube	1-½ cups Skim Milk	½ tsp. Rosemary
		½ cup mushrooms

Place fillets in casserole. Season with salt, pepper, and paprika. Make white sauce by dissolving bouillon cube in water and blending in flour. Add the hot milk slowly, stirring constantly. Stir in Worcestershire Sauce, sherry, and rosemary. Add mushrooms. Pour over fish and bake 25 minutes at 325 degrees.

Banana Oatmeal Cookies - 5 dozen

1 cup Sugar	½ teaspoon Lemon Extract	2 cups Flour, sifted
½ cup Skim Milk	3 Bananas (mashed)	½ teaspoon Baking Soda
3 Eggs	1- ½ cups Rolled Oats, quick cooking	1 teaspoon Baking Powder
1 teaspoon Vanilla		1 teaspoon Salt

Beat eggs, add sugar, vanilla, lemon extract, and bananas. Beat well. Sift flour, salt, baking powder and soda. Add dry ingredients and milk alternately to egg mixture. Stir in rolled oats. Drop onto greased sheet with teaspoon. Bake at 375 degrees, 15 - 18 minutes.

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