

*Scott D. Levenson, M.D.*

*Roger M. Kao, M.D.*

GASTROENTEROLOGY AND HEPATOLOGY

1000 LAUREL STREET  
SAN CARLOS, CA 94070  
PHONE (650) 596-8800  
FAX (650) 596-8802

DIPLOMATE, AMERICAN BOARDS  
OF INTERNAL MEDICINE,  
GASTROENTEROLOGY,  
AND HEPATOLOGY

## Low-Fat Diet

**Indication:** Gallstones, high cholesterol, weight-loss

**Recommended Foods:**

Dairy - Skim milk, nonfat sour cream, nonfat yogurt, low or nonfat cottage cheese

Meats - Poultry without skin, veal and meats trimmed of fat, lean pork

Breads & Cereals - Whole grain cereals, steamed rice, unbuttered popcorn

Fruits & Vegetables - Lettuce and tomato salad, steamed spinach, all steamed or raw vegetables, all fruits

Desserts - Sherbert, nonfat frozen yogurt, angel food cake, vanilla wafers, fatfree cakes and cookies

**Foods to Avoid:**

Dairy - Whole milk Cream, sour cream Cheese and cheese spreads

Meats - Fried or fatty meats (spareribs, hamhocks, corned beef), bacon, fish canned in oil, fried eggs in butter or oil, luncheon meats

Breads & Cereals - Doughnuts, muffins, pancakes, waffles, fritters, stuffing, fried rice, potato chips, granola-type cereals

Fruits & Vegetables - Fried vegetables or those in cream, cheese, or butter sauces, cream soups, avocados

Fats & Oils - Any fat in excess. Limit to three servings per day (one serving = 1 tsp. margarine, veg. oil, or butter)

or 1 tbsp. salad dressing)

## Low-Fat Sample Menu

### **Breakfast**

Coffee/tea

Orange juice

Bran cereal

Banana

Whole wheat toast

Jelly or jam

Nonfat milk

### **Lunch**

Fatfree vegetable soup

Turkey sandwich on sourdough with lettuce and tomato (no mayo)

Fresh fruit salad

Fatfree cookies

Soft drink

### **Dinner**

Baked or grilled skinless chicken breast

Steamed rice

Steamed vegetable (e.g. broccoli, green beans, or cauliflower)

Baked potato with nonfat sour cream (no butter)

Nonfat frozen yogurt

Nonfat milk

### **Snack**

Rice cakes  
Fresh fruit  
Fruit juice