

## What is a fat-free diet?

- A fat-free diet is a way of avoiding fats in foods, such as butter, mayonnaise and eggs.
- The diet does contain high protein foods, such as turkey breast, chicken breast and skim milk.

## How long does my child need to be on this diet?

Each child is different. Your child's doctor will tell you when your child can begin eating fat again.

## How should I prepare foods for my child?

- The best way to prepare foods is to bake, broil, boil or steam them.
- Do not fry, sauté or add fat in any way when you cook.

## Can I use "fat-free" foods on this diet?

Your child may eat fat-free foods.

- In order for a food to be fat-free, it must contain less than 0.5 grams of fat in a serving.
- Check the label to be sure the food is really fat-free.

## What foods can my child eat on this diet?

The table below contains a list of many fat-free foods. It also contains a list of high-fat foods that are **not allowed** on the diet. If you do not see a food on the list, check the label for fat.

Food groups	Foods allowed	Foods to avoid
<b>Breads and grains</b>	<ul style="list-style-type: none"><li>• Whole grain breads</li><li>• Whole grain pasta</li><li>• White and brown rice</li><li>• Potatoes</li><li>• Grits</li><li>• Dry and cooked cereals (without nuts)</li></ul>	<ul style="list-style-type: none"><li>• Biscuits</li><li>• Pancakes and waffles</li><li>• Cornbread</li><li>• Egg noodles</li><li>• Macaroni and cheese</li><li>• Croissants</li><li>• Doughnuts and other pastries</li></ul>
<b>Milk and dairy</b>	<ul style="list-style-type: none"><li>• Fat-free skim milk</li><li>• Fat-free cheese</li><li>• Fat-free sour cream</li><li>• Fat-free cream cheese</li><li>• Fat-free cottage cheese</li></ul>	<ul style="list-style-type: none"><li>• Whole milk</li><li>• Whole milk cheeses</li><li>• Regular sour cream</li><li>• Regular cream cheese</li><li>• Ice cream</li></ul>

**In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.**

# Fat free diet, continued

Food groups	Foods allowed	Foods to avoid
<b>Milk and dairy (continued)</b>	<ul style="list-style-type: none"> <li>• Fat-free yogurt</li> <li>• Fat-free frozen yogurt and ice cream</li> <li>• Carnation Instant Breakfast powder with fat-free skim milk</li> </ul>	
<b>Meats, fish and poultry</b>	<ul style="list-style-type: none"> <li>• Egg whites or egg substitutes</li> <li>• Poultry without the skin</li> <li>• Fish (baked or packed in water)</li> <li>• Fat-free deli meats</li> <li>• Fat-free hot dogs</li> <li>• Beans made without fat</li> <li>• Lean meats (baked, broiled or roasted)</li> </ul>	<ul style="list-style-type: none"> <li>• Whole eggs or egg yolks</li> <li>• Heavily marbled organ meats</li> <li>• Corned beef</li> <li>• Fish packed in oil</li> <li>• Nuts, peanut butter or other nut butters</li> <li>• Bologna</li> <li>• Pepperoni</li> <li>• Hot dogs</li> <li>• Fried meats</li> </ul>
<b>Fruits and vegetables</b>	<ul style="list-style-type: none"> <li>• Most canned, frozen or fresh fruits (without added fat or sauces)</li> <li>• Dried fruit</li> <li>• Jelly, jam and fruit preserves</li> </ul>	<ul style="list-style-type: none"> <li>• Coconut</li> <li>• Avocado</li> <li>• Olives</li> <li>• Canned fruit pie fillings</li> </ul>
<b>Fats</b>	<ul style="list-style-type: none"> <li>• Fat-free salad dressings</li> <li>• Fat-free mayonnaise</li> <li>• Fat-free whipping cream and Cool Whip</li> </ul>	<ul style="list-style-type: none"> <li>• Salad dressing</li> <li>• Butter, margarine and lard</li> <li>• Cream sauces</li> <li>• Cream (heavy cream and whipping cream)</li> <li>• Vegetable oils</li> </ul>
<b>Drinks</b>	<ul style="list-style-type: none"> <li>• Fruit and vegetable juices</li> <li>• Lemonade</li> <li>• Kool Aid</li> <li>• Soft drinks</li> <li>• Gatorade</li> <li>• Tea and coffee</li> </ul>	<ul style="list-style-type: none"> <li>• Smoothies made with milk or yogurt (unless fat-free)</li> </ul>

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# Fat free diet, continued

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Food groups	Foods allowed	Foods to avoid
<b>Snacks and other foods</b>	<ul style="list-style-type: none"><li>• Gumdrops</li><li>• Hard candies</li><li>• Jellybeans</li><li>• Starbursts</li><li>• Marshmallows</li><li>• Gelatin</li><li>• Honey</li><li>• Syrup</li><li>• Angel food cake</li><li>• Baked chips</li><li>• Pretzels</li></ul>	<ul style="list-style-type: none"><li>• Cookies containing fat</li><li>• Chocolate candies</li><li>• Buttered popcorn</li><li>• Chips</li></ul>

Please ask your child’s nutritionist or doctor if you have any questions about the foods that your child can eat.

**This teaching sheet contains general information only. Talk with your child’s doctor or a member of your child’s healthcare team about specific care of your child.**

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