

FAT-CONTROLLED DIET (50 Grams)

Description

Omitting and/or limiting fat-containing foods restricts the total amount of fat in the diet. The type of fat is not considered.

Indications

A fat-controlled diet is indicated for individuals who are unable to properly digest, metabolize, and absorb fat. Common diseases of the hepatobiliary tract, pancreas, intestinal mucosa, and lymphatic system impair fat digestion, metabolism, and absorption.¹⁻⁵ A low fat-diet may also be useful in the treatment of patients with gastroesophageal reflux.^{4,6}

Contraindications

In pancreatic insufficiency, enzyme preparations remain the primary treatment for steatorrhea. As normal a diet as possible is encouraged to increase the likelihood that a nutritionally adequate diet will be consumed.^{5,7,8} The diet should restrict fat only to the individual's tolerance level.

The treatment of choice for gallstones at the present time, where indicated, is surgery. There is no reason in the postoperative period to restrict or modify fat intake in any way.

Nutritional Adequacy

The Fat-Controlled Diet can be planned to meet the Dietary Reference Intakes (DRIs) for all nutrients as outlined in Section IA: Statement on Nutritional Adequacy. Vitamin E intake will be lower than in a regular diet. However, the requirement for vitamin E is proportional to the intake of polyunsaturated fatty acids, which will also be reduced in a Fat-Controlled Diet.

Ordering the Diet

- Order as "Low-Fat Diet" or "50-Gram-Fat Diet" can be ordered (this is sufficiently restricted for many indications).
- Other levels of fat restriction can be specified, eg, 25 to 35 g fat diet.
- If a cholesterol restriction is desired, the diet ordered should be "Therapeutic Lifestyle Changes Diet" in Section IC: Medical Nutrition Therapy for Disorders of Lipid Metabolism.

FOOD GUIDE - FAT-CONTROLLED DIET

FOOD GROUP	FOODS ALLOWED	FOODS EXCLUDED
Beverages and Milk	Coffee, tea, carbonated drinks, fat-free milk or buttermilk, evaporated skim, nonfat dry milk, skim or low-fat yogurt	Whole, reduced-fat, evaporated, condensed, or chocolate milk, yogurt made from whole milk, cocoa mixes
Breads, Cereals and Grains	Whole-grain or enriched breads, dinner rolls, cereals and grains, pasta, plain crackers	Quick breads such as muffins, biscuits, rich or sweet rolls, doughnuts, pancakes, waffles, party crackers, potato chips, granola unless calculated into diet
Meat, Fish, Poultry, Cheese, Eggs (average 3 to 5 g fat/oz) (limit intake to 5 oz/day)	Lean meat (trimmed of visible fat), fish, and fowl (without skin). The following are equal to 1 oz meat: 1 egg, ¼ cup tuna, salmon (water-packed), or cottage cheese. The following low-fat cheeses are allowed (one serving per day): 1oz low fat or fat free milk cheeses (sapsago, mozzarella, farmer's) or ¼ cup 1% cottage or ricotta cheese	Fried or fatty meats, such as luncheon meats, cured and processed meats, other cheeses

FOOD GUIDE – FAT-CONTROLLED DIET (Cont.)

FOOD GROUP	FOODS ALLOWED	FOODS EXCLUDED
Vegetables	Any prepared without fat.	Vegetables in cream sauces or gravies, fried vegetables including potatoes
Fruits and Juices	All	None
Fats (limit intake to 5 tsp/day; use no more than 2 servings/meal) (Average: 1 tsp fat = 5 g fat)	Butter, margarine, vegetable oil, crisp bacon (1 strip = 1 tsp fat)	Cream, avocado, nuts, coconut, olives, peanut butter
Soup	Any soups made with fat free milk or fat free broth	Commercially canned soups, cream soups, soups containing fat or whole milk
Desserts	Fruit, sherbet, sorbet, fat-free frozen desserts, gelatin, angel food/sponge cake, low fat cookies (gingersnaps, vanilla wafers), fat-free cakes, puddings made with fat free milk, meringues	Ice milk, ice cream, pie, cake, cookies, pastries, any desserts made with shortening, chocolate, cream, nuts, or fat
Sweets	Sugar, jelly, honey, syrups with no fats, molasses, plain marshmallows, hard candy	Any containing chocolate, nuts, cream, coconut, butter-flavored or fudge syrup
Miscellaneous	Vinegar, low-calorie or fat-free dressings, cocoa or carob powder, herbs and spices, salt, pepper	Chocolate, coconut, gravy

SAMPLE MENU

Breakfast	Noon	Evening
Orange juice	Honey glazed chicken (skinless)	Lean beef tips and noodles
Cream of wheat	Baked potato/margarine	Seasoned green beans
Scrambled egg	Steamed broccoli	Sliced tomato salad
Wheat toast	Fruited gelatin	Fat-free French dressing
Margarine	Dinner roll	Peach halves
Jelly	Margarine	Dinner roll
Fat free milk	Sherbet	Margarine
Coffee	Iced Tea	Fat free milk
Sugar	Sugar	Iced tea
		Sugar

References

1. Gastrointestinal Disease/Gallbladder. In: Academy of Nutrition and Dietetics Nutrition Care Manual. Chicago: Ill: Academy of Nutrition and Dietetics; 2007. Available at: nutritioncaremanual.org. Accessed January 6, 2007.
2. Burch JM. Acute pancreatitis. In: Rakel RE, ed. Conn's Current Therapy. Philadelphia: WB Saunders Co; 1993:502-506.
3. Chak A, Banwell JG. Malabsorption syndromes. In: Rakel RE, ed. Conn's Current Therapy. Philadelphia: WB Saunders Co; 1993:496-502.
4. Dwyer JT, Roy J. Diet therapy. In: Isselbacher KJ, Braunwald E, et al, eds. Harrison's Principles of Internal Medicine. 12th ed. New York, NY: McGraw-Hill, Inc; 1991:420-427.