



## Low Fat Diet

### Purpose

The low fat diet may be beneficial in reducing the pain induced by cholecystitis and cholelithiasis. The presence of fat in the duodenum stimulates the release of cholecystokinin. This hormone is known to cause the gallbladder to contract and release bile which emulsifies fats from the duodenum. If the gallbladder is inflamed or stones are present, this contraction causes severe pain to the patient. To avoid the pain, less fat is introduced into the duodenum through lowering of the fat content of the diet. The low fat diet may also be beneficial in reducing steatorrhea (oily stool) caused by pancreatitis and some forms of malabsorption.

### Characteristics

The low fat diet is designed to provide adequate nutrition if properly planned. Because protein products usually have a high fat content, the diet is lower in protein and can be deficient in iron, especially if an extremely low fat diet is ordered for severe cholecystitis or cholelithiasis. In some instances, raw fruits and vegetables, especially those vegetables of the onion family, may cause gas formation which can cause added discomfort to the patient. To avoid this, these food items are also omitted from the diet.

Group	Servings	Foods Allowed	Foods Excluded
<b>Beverages</b>	As desired	Coffee, tea and carbonated drinks.	Any made with chocolate.
<b>Breads &amp; Cereals</b>	4 or more	Any foods.	None.
<b>Butter</b>	3 tsp/day	Butter, margarine.	More than 3 tsp/day.
<b>Dairy</b>	1 pint	Skimmed milk (liquid/powder), yogurt & buttermilk made from skimmed milk, low fat cottage cheese or any cheese made from skimmed milk.	Cream, whole milk, 2% milk and chocolate milk or any cheese not listed in Allowed.
<b>Desserts</b>	As desired ( <i>if not overweight</i> )	Sponge cake, angel food cake, fruit, gelatin, puddings made with skimmed milk and egg allowance or sherbet.	Other cakes, cookies, pastries, ice cream, nuts and chocolate products, any made with cream, whole milk or extra fat.
<b>Eggs</b>	1 whole egg/day Whites as desired	Prepared any way. If fried, omit 1 fat.	Fried.
<b>Fruits</b>	2 or more (1 citrus)	Any except those listed under Excluded.	Raw apples, avocados and melons.
<b>Meat</b>	2-3 oz servings/day	Lean & free from visible fat: beef, lamb, ham, pork, poultry (w/o skin), fish, liver, canned fish.	Bacon, spareribs, duck, goose, fried meat, meat in rich sauce or poultry skin.
<b>Misc.</b>	N/A	Spices and herbs as tolerated.	Chocolate, nuts and peanut butter.
<b>Soups</b>	As desired	Fat-free broth, bouillon, noodle and vegetable broths, tomato made with skim milk or water	Cream soups, cheddar cheese soup and chowder.
<b>Sweets</b>	As desired ( <i>if not overweight</i> )	Any except those listed under Excluded.	Chocolate.
<b>Vegetables</b>	2 or more (1 green-leafy)	Any except those listed under Excluded.	Onions, cabbage, cauliflower, broccoli, fried potatoes and potato chips.