

Low-Fat Diet Guideline

For a balanced diet, choose foods from each of the four food groups each day. For a diet low in fat and high in fiber, check the following lists for examples of foods to select or avoid.

<u>Food Group</u>	<u>Choose More Often</u>	<u>Choose Less Often</u>
Fruits and Vegetables	<ul style="list-style-type: none"> -Citrus fruits (oranges, grapefruit) -Dark-green leafy vegetables (endive spinach, collard greens) -Yellow-orange vegetables (carrots, sweet potatoes, squash) -Apples, berries, pears -Broccoli, cauliflower, Brussels sprouts 	<ul style="list-style-type: none"> -Avocadoes -Olives
Whole-Grain and Enriched Bread	<ul style="list-style-type: none"> -Whole-wheat bread, rye, oatmeal, pumpernickel -Whole grain and bran cereals -Bagels and English muffins -Brown, wild or white rice -Pasta with low-fat sauce -Pretzels 	<ul style="list-style-type: none"> -Refined-flour breads and cakes -Biscuits, croissants, crackers, chips -Packaged rice and pasta mixes -Pasta with cheese or meat sauces -Cookies and pastries -Granola
Milk and Milk Products	<ul style="list-style-type: none"> -Low-fat or skim milk -Low-fat or nonfat yogurt -Cheeses (ricotta, farmer, cottage, mozzarella) -Sherbet, frozen low-fat yogurt, ice milk 	<ul style="list-style-type: none"> -Whole milk -Butter -Yogurt made from whole milk -Cream: sweet, sour, and whipped -Creamy toppings -Coffee creamers -Cream cheese -Cheese spreads -Brie, Camembert, and hard cheese (Swiss, cheddar)
Meat, Poultry, Fish, Eggs, Nuts and Beans	<ul style="list-style-type: none"> -Low-fat poultry (chicken, turkey) without the skin -Fish and shellfish (fresh or frozen) -Tuna (water-packed canned) -Lean meat trimmed of all fat -Cooked dry beans and peas 	<ul style="list-style-type: none"> -Beef, veal, lamb and port cuts with marbling, untrimmed of fat -Luncheon meats -Sausage, hot dogs -Peanut butter, nuts, seeds -Trail mix -Tuna packed in oil -Duck, goose