



Fat Free Chyle Leak Diet

This diet is designed for those who need to severely restrict fat in their diet for a short period (less than 3 weeks). If the diet is needed for more than 3 weeks, it is important to meet with a registered dietitian to avoid any nutrient deficiencies (essential fatty acid deficiency among others) or unexpected weight loss.

FOODS VERY LOW IN FAT

(FF = Fat Free) Note: Fat Free (by definition) = 0.5 grams fat or less per serving

Food Group	Foods Allowed *	Foods Not Allowed
Fruits	<ul style="list-style-type: none"> • Most fresh, frozen or canned fruit • Raisins / FF dried fruit • Fruit juice • Jelly / fruit spreads 	<ul style="list-style-type: none"> • Canned fruit pie fillings
Vegetables	<ul style="list-style-type: none"> • Plain fresh, frozen or canned vegetables • Vegetable / tomato juice • FF tomato sauce / paste • Pickles 	<ul style="list-style-type: none"> • Olives • Avocado • Coconut • Vegetables in butter, cream sauce, cheese sauce or with other sauce or toppings • Vegetables canned in oil • Fried vegetables
Breads/ Cereals/ Starches	<ul style="list-style-type: none"> • FF bread, FF crackers, FF cold cereals (no nuts), FF rice cakes, FF bagels, FF pasta, rice • FF air popped popcorn, FF potatoes, sweet potatoes, yams • FF muffins 	<ul style="list-style-type: none"> • Breads or cereals containing fat • Cereals with nuts • Breads or cereals topped with butter • Microwave popcorn
Meat & alternatives	<ul style="list-style-type: none"> • FF luncheon meat, FF hot dogs • EggBeaters® or egg substitute, egg whites • FF varieties of veggie burgers • Beans prepared without added fat (limit to ½ cup per day)--black, pinto, kidney, white, lima (butter beans), lentils • FF refried beans 	<ul style="list-style-type: none"> • Whole eggs • Other meat • Nuts / seeds • Peanut butter, other nut butters • Soybeans / edamame
Dairy	<ul style="list-style-type: none"> • FF dairy products, including: milk, cheese, sour cream, cream cheese, cottage cheese, yogurt, frozen yogurt, ice cream • FF Carnation® Instant Breakfast™ 	<ul style="list-style-type: none"> • Low fat or full fat dairy products • Fat containing creamers
Beverages	<ul style="list-style-type: none"> • Fruit juices/nectars, fruit beverages, lemonade • Soft drinks • Gatorade®, sports drinks • Tea, coffee 	<ul style="list-style-type: none"> • Beverages made with low fat or full fat dairy products

Desserts	<ul style="list-style-type: none"> • Gelatin • Chewing gum, hard mints, jelly candy, gummy candy, licorice • FF frozen juice bars / FF Popsicles, sorbet, Italian ice • FF animal crackers, FF cookies 	
Miscellaneous & Condiments	<ul style="list-style-type: none"> • FF salad dressing, ketchup, barbeque sauce, mustard, soy sauce, hot sauce, FF salsa, relish, syrup • FF Broth / FF soups 	
Fats	<ul style="list-style-type: none"> • FF mayonnaise • FF salad dressing • FF creamers (flavored and plain) • FF whipping cream/Cool whip 	<ul style="list-style-type: none"> • Butter, margarine, cream • Lard • All vegetable oils • Low fat or regular mayonnaise, regular salad dressings

*Fat content may vary based on product & brand; read labels to confirm the fat content of a specific item.

Examples of Fat Free Protein Sources

Product	Serving Size	Protein (g)
Egg Beaters®	¼ c	6
Better n'Eggs®	¼ c	5
Egg whites, separated, cooked	2	7
Powdered egg whites	1 tablespoon	11.5
Egg white (Bob's Red Mill®)	2 teaspoon	3
Just Whites® (Deb EL™)	2 teaspoon	3
Fat free luncheon meat	1 oz	6
Fat free milk	8 oz	8
Non-fat dry milk powder	3 tablespoon	10
Non-fat cheese	1 oz	8
Evaporated skim milk	½ c	9
Non-fat cottage cheese	½ c	13
Non-fat yogurt (plain)	8 oz	12
High protein broth (Bernard® 800-323-3663)	1 cup	10
High protein gelatin (Bernard® 800-323-3663)	½ cup	12
High protein egg whites (Bernard® 800-323-3663)	1 tablespoon	5
UNJURY® Unflavored Whey Protein (800-517-5111)	1 scoop	20
Pro-Stat® (Medical Nutrition USA, Inc. 1-800-221-0308)	2 tablespoons	15
Beneprotein® (Nestle 888-240-2713)	1 scoop	6

Clear Liquids
All teas and coffees
Clear juices such as: apple, cranberry, grape
Fruit-flavored drinks
Carbonated beverages/soda
Gatorade [®] (regular or G2 Gatorade [®])
FF Broth, bouillon, consume'
Plain, flavored gelatins
Popsicles
Sorbet
Clear liquid type supplements (see table 5): <ul style="list-style-type: none"> ◆ Enlive[®] (Abbott[®]) ◆ Resource[®] Breeze (Nestle[®]) ◆ NUTRA/Shake[®] Fruit Plus (Nutra/Balance[®]) ◆ NUTRA/Shake[®] Fruit Plus Free (Nutra/Balance[®])

Fat Free Shake and Smoothie Recipes

Basic Smoothie

½ cup FF vanilla yogurt or other FF yogurt (such as lemon, key lime, strawberry, etc.)
1 small ripe banana
¼ cup skim milk

Strawberry Yogurt Frappe

1 tablespoon strawberry syrup or other flavoring
½ cup FF vanilla yogurt
½ cup FF milk
¼ cup orange juice
Dash vanilla

Banana-Apple

½ small banana
½ cup FF cottage cheese
¼ cup apple juice

Strawberry Cheesecake Shake (not sweet)

6 to 7 strawberries
½ cup FF milk
½ cup FF cottage cheese
Honey to taste
Combine all ingredients in blender until smooth.

Sherbet Drink

½ cup FF milk
1/2 cup FF sherbet or sorbet
Almond or vanilla extract to taste
Blend all ingredients and chill well before serving

Fruit and Cream

½ cup FF milk
½ cup FF vanilla ice cream
½ cup canned fruit in heavy syrup (peaches, apricots, pears)

Juice Shake

¾ cup pineapple juice (or other juices)
¼ cup FF **egg substitute** (optional)
1-½ cups FF vanilla ice cream
Put all ingredients into a blender and blend.

Peach Plus

1/2 Peach, canned
¼ cup FF vanilla yogurt
¼ cup FF Milk
Dash vanilla
Dash nutmeg

Oatmeal Smoothie from www.wonderhowto.com

4 cups water, bring to boil
1 cup quick oats, simmer for 5 minutes

Add the following ingredients & simmer for 5 more minutes:

½ cup dried cranberries
1 apple, julienne (match stick size slices)
½ cup honey or brown sugar
1 Tbsp cinnamon

Allow the oatmeal to cool and then place in blender with:

1 cup skim milk
6 ounce container of strawberry fat-free yogurt
1 banana, broken into pieces
Pulse and blend till smoothie consistency

Makes 2 to 4 servings

Suggestions for developing your own fat free smoothie:

- Using frozen fruit provides a frosty, refreshing treat.
- If you have fresh fruit but are looking for a frozen treat, add a few ice cubes.
- Each of the ingredients must be fat free. If a recipe calls for ice cream, yogurt or milk, be sure to use fat-free versions only.
- You may increase or decrease the liquid ingredients to fit your preference for the consistency of your smoothie.
- It is fine to add plain water or crushed ice for thinner smoothies. This will decrease the calorie content per portion.

Begin with the following recipe (choose the fruit of your preference, etc. to make your own):

1 cup frozen or fresh fruit
1 small frozen banana (optional)
½ cup fat-free yogurt or fat-free ice cream
½ cup fruit juice of your choice or skim milk
You may choose to add a tablespoon of honey or sugar
You may try adding one of the following for a twist: cinnamon, nutmeg, cloves, ginger or vanilla extract

On the go or wanting an option with less effort? Check out these:

- If you are interested in purchasing smoothies, check out Jamba® All Natural Smoothies. They are fat free and come in 3 flavors. They can be purchased at most Target® or Walmart® Superstores. Go online for other stores near you: www.athomesmoothies.com.
- Try your local smoothie restaurant and request a listing of their *fat-free selections*.