

How Do I Follow a Low-Fat Diet?

A low fat diet is a great way to incorporate more nutritional food into your diet. Low fat foods have a higher nutritional value than those with high fat. Eating a low fat diet can reduce your risk for a heart attack and high cholesterol. Here are the basic food groups with the number of servings recommended. Be sure to choose a variety of foods from each group.



Breads, cereals, pasta and starchy vegetables (6 servings per day)

- One serving equals 1 slice bread; 1/2 cup of cereal, rice, or pasta (all also available in whole wheat or whole grain) ; or 1/4 to 1/2 cup corn or potatoes.

Vegetables and fruits (5 or more servings per day)

- One serving equals a medium-size piece of fruit, 1/2 cup fruit juice or, 1/2 to 1 cup cooked or raw vegetables.

Meat, poultry and fish (no more than 6 cooked ounces per day)

- Remember that a 3oz. Portion is about the size of a deck of cards. That equals 1/2 a chicken breast or 3/4 cup of flaked fish. One cup of cooked beans, peas or lentils or 3oz. Tofu equals 3oz. serving of meat but has no fat and lots of fiber.

Dairy products (2 to 4 servings per day)

- One serving equals 1 cup milk or yogurt and 1oz. cheese. Use only milk products with 0 to 1% fat. Have only non-fat or low-fat yogurt, use dry-curd, skim or low-fat cottage cheese. Cheeses should have not more than 3 grams of fat per oz.

Eggs (no more than 3 to 4 yolks a week)

- Be sure to count any egg yolks used in cooking and in store bought foods. Egg whites are not limited because they do not contain cholesterol.

Fats and oils (no more than 5 to 8 servings per day)



- One serving equals 1tsp. vegetable oil or regular margarine, 1tbsp. salad dressing, 2tsp. mayonnaise or peanut butter. One serving equals 1tbsp. of seeds or nuts, 1/8 medium avocado, 10 small or 5 large olives. Be sure to count the “hidden fat” in bakery and snack foods.

How can you cut down on fat?

- For your main dish, enjoy whole wheat pasta, rice, beans and/or vegetables. Mix with a small amount of lean meat.
- Use a food diary to track what you eat and when you eat it. You may need to eat more high fiber foods to fill you up.
- Beware of “low-fat” labels. The product can be high in sugar and calories.