



**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**

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

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

\*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 <sup>®</sup>  | ¼ c           | 6           |
| Better n'Eggs <sup>®</sup>  | ¼ c           | 5           |
| Egg whites, separated, cooked   | 2             | 7           |
| Powdered egg whites   | 1 tablespoon  | 11.5        |
| Egg white (Bob's Red Mill <sup>®</sup> )                                    | 2 teaspoon    | 3           |
| Just Whites <sup>®</sup> (Deb EL <sup>™</sup> )                             | 2 teaspoon    | 3           |
| Fat free luncheon meat  | 1 oz          | 6           |
| Extra Light Tuna (in water)   | 3oz           | 20          |
| Cod Fish Fillet   | 3oz           | 20          |
| Fat-free Soy Burger, Meat Substitute Patty or crumbles (Boca <sup>®</sup> ) | 1 patty       | 8-13g       |
| 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 <sup>®</sup> 800-323-3663)                      | 1 cup         | 10          |
| High protein gelatin (Bernard <sup>®</sup> 800-323-3663)                    | ½ cup         | 12          |
| High protein egg whites (Bernard <sup>®</sup> 800-323-3663)                 | 1 tablespoon  | 5           |
| UNJURY <sup>®</sup> Unflavored Whey Protein (800-517-5111)                  | 1 scoop       | 20          |
| Pro-Stat <sup>®</sup> (Medical Nutrition USA, Inc. 1-800-221-0308)          | 2 tablespoons | 15          |
| Beneprotein <sup>®</sup> (Nestle 888-240-2713)                              | 1 scoop       | 6           |

| <b>Clear Liquids</b>                            |
|---|
| 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):    |
| ◆ 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](http://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](http://www.athomesmoothies.com).
- Try your local smoothie restaurant and request a listing of their *fat-free selections*.