

Fat-controlled diet

What is a fat-controlled diet?

This means that your child must eat a diet that is low in fat. Your child's doctor has recommended this type of diet. Don't worry! There are many low-fat foods to choose from.

Your child's total daily fat goal is ____ grams per day.

How do I know if a food is low in fat?

Use the Nutrition Facts label!

1. **Check the serving size.** Compare the label serving size with how much your child really eats.
2. **Check total fat.** Generally, look for foods that have 3 grams of total fat or 0 grams of trans fat.
3. If your child eats more than one serving, multiply the number of servings by the grams of total fat to calculate the total grams of fat your child eats.

Example: You eat 2 cups of this food (2 servings)
 $2 \times 3\text{g total fat} = 6\text{g}$



| Nutrition Facts | |
|-------------------------------|----------------------|
| Serving Size 1 cup (240 mL) | |
| Servings Per Container 8 | |
| Amount Per Serving | |
| Calories 130 | Calories from Fat 25 |
| % Daily Value* | |
| Total Fat 3g | 5% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Polyunsaturated Fat 0g | |
| Monounsaturated Fat 1g | |
| Cholesterol 10mg | 3% |
| Sodium 135mg | 6% |
| Potassium 370mg | 11% |
| Total Carbohydrate 15g | 5% |
| Sugars 15g | |
| Protein 11g | 22% |

Remember, foods that are high in fat can still fit into your child's diet as long as the total grams of fat per day doesn't total more than their goal for the day.

What do all those sayings on the labels mean?

Nutrition labels can be confusing. This table shows what the words on labels mean.

| | |
|------------------------------|--|
| Fat free | Less than $\frac{1}{2}$ gram fat per serving |
| 100% fat free | Meets requirements for "fat free" as there is less than $\frac{1}{2}$ gram fat per serving |
| Low fat | Three or less grams fat per serving |
| Reduced fat | At least 25% less fat when compared to similar food |
| Saturated fat free | Less than $\frac{1}{2}$ gram saturated fat per serving |
| Low saturated fat | One gram or less saturated fat per serving; no more than 15% total calories from saturated fat |
| Reduced saturated fat | 25% less saturated fat when compared with similar food |

What are some good food choices for my child?

Use the following lists of foods to help you make good choices that are low in fat. There are many more foods than what it on this list that you may choose from. It is important to always read the food label to determine the exact amount of fat in each food.

| <u>Food</u> | <u>Serving Size</u> | <u>Grams of Fat</u> |
|--------------------------|----------------------------|----------------------------|
| Breads and Grains | | |
| Bread | 1 slice | 1-2 |
| Cereals | 1/2 cup-3/4 cup | 0.5-2 |
| Rice | 1/4 cup | 0 |
| Noodles | 1/2 cup | 0.5-1 |
| Reduced Fat Crackers | 5 crackers | 2 |
| Baked Chips | 1 ounce | 2 |
| Oatmeal | 1/2 cup | 2 |

| Eggs/Milk | | |
|---------------------------|---------|-----|
| Skim Milk | 1 cup | 0 |
| 1% Milk | 1 cup | 2 |
| Egg Beaters | 1/2 cup | 0 |
| Eggs (scrambled, poached) | 1 | 4.5 |

| Other Dairy Products | | |
|-----------------------------|---------|---|
| 1% cottage cheese | 1/2 cup | 1 |
| Light string cheese | 1 item | 2 |
| Light yogurt | 1/2 cup | 2 |
| Fat-free pudding | 1/2 cup | 0 |
| Fat-free ice cream | 1/2 cup | 0 |

| Food | Serving Size | Grams of Fat |
|-------------|---------------------|---------------------|
|-------------|---------------------|---------------------|

Other Dairy Products continued

| | | |
|-----------------------|---------------|-----|
| Fat-free cream cheese | 2 tablespoons | 0 |
| Light sour cream | 2 tablespoons | 2 |
| 2% American Cheese | 1 slice | 2.5 |
| Shredded Mozzarella | 1/4 cup | 4.5 |

Meats

| | | |
|---|------------|-------|
| Turkey 97% lean | 4 ounces | 1.5 |
| Roast Beef | 2 ounces | 1.5-3 |
| Ham | 2 ounces | 1-3 |
| Red meat (flank, loin, round or sirloin cuts) | 4 ounces | 5-9 |
| Tuna (canned in water) | 3-4 ounces | 1 |

Fruits

| | | |
|---------------------------|---------------|---|
| Fresh | 1 small piece | 0 |
| Fresh, diced | 1/2 cup | 0 |
| Strawberries, blueberries | 1/2 cup | 0 |
| Frozen | 1/2 cup | 0 |
| Avocado | 1/5 fruit | 5 |
| Fruit juice | 4 ounces | 0 |

| <u>Food</u> Vegetables | <u>Serving Size</u> | <u>Grams of Fat</u> |
|---|----------------------------|----------------------------|
| Fresh | 1 cup | 0 |
| Fresh/frozen/canned (cooked) | 1/2 cup | 0 |
| Sweet potato fries (baked) | 12 items | 5 |
| Vegetable juice | 4 ounces | 0 |

| Fats and Sweets | | |
|----------------------------|---------------|-----|
| Butter | 1 tablespoon | 11 |
| Margarine | 1 tablespoon | 4 |
| Fat free salad dressing | 2 tablespoons | 0 |
| Fat free cookies | 1 cookie | 0 |
| Reduced Fat Vanilla Wafers | 8 wafers | 1.5 |

ALERT: Call your child's doctor, nurse, or dietitian if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.