



FOODS VERY LOW IN FAT (FF = Fat Free)

	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 - black, pinto, kidney, white, garbanzo, lentils, soybeans, edamame, lima (butter beans) • FF refried beans 	<ul style="list-style-type: none"> • Whole eggs • Other meat • Nuts / seeds • Peanut butter, other nut butters
Dairy	<ul style="list-style-type: none"> • FF dairy products, including: milk, cheese, sour cream, cream cheese, cottage cheese, yogurt, frozen yogurt, ice cream, Dannon FF Light n' Fit Smoothie, Yoplait Nouriche, • 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 • 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 	<p>Butter, Margarine, Lard Cream</p> <p>All vegetable oils Low fat or regular mayonnaise, regular salad dressings</p>

Examples of Fat Free Protein Sources*

Product	Serving Size	Protein (g)
High Protein Foods		
Egg Beaters®	¼ c	6
Better n' Eggs®	¼ c	5
Egg whites, separated, cooked	2	7
Powdered egg whites	1 tbsp	11.5
Egg white (Bob's Red Mill®)	2 tsp	3
Just Whites® (Deb EL™)	2 tsp	3
Fat free luncheon meat	1 oz	6
Fat free milk	8 oz	8
Non fat dry milk powder	2 tbsp	10
Non fat cheese	1 oz	8
Evaporated skim milk	½ cup	9
Non fat cottage cheese	½ c	13
Non fat yogurt (plain)	8 oz	12
High protein broth (Hormel HealthLabs (800/866-7757))	6 oz	10
High Protein gelatin (Hormel HealthLabs (800/866-7757))	4 oz	12
Fat Free Oral Liquid Supplements		
Resource® Breeze (Novartis: 800/622-2689)	1 can	9
Enlive!® Clear Liquid Beverage (Ross: 800/986-8502)	1 box	10
Nutritional supplement protein powders		
Beneprotein® Instant Protein Powder (Novartis: 800/622-2689)	1 scoop	6
Casec® (Mead Johnson: 800/247-7893)	1 teaspoon	5.6
ProPass® (Hormel HealthLabs: 800/866-7757)	1 scoop	6
HI ProCal™ (Hormel HealthLabs: 800/866-7757)	1 packet	8

Pro-Stat® (Medical Nutrition USA, Inc: 800/221-0308)	1 tablespoon	7.5
Unjury™ (ProSynthesis Laboratories LLC: 800/517-5111)	1 scoop	20

***NOTE:** Fat content may vary with product or brand; read labels to confirm the fat content of a specific item.