

Adult Fat Free Diet Menu

Your doctor has prescribed you a fat free diet to help decrease chylous output. Our suggestions when ordering your meal from the At Your Request menu for your special diet are listed below. **Multiple diet restrictions may limit the foods allowed**

Breakfast

Entrees

- Low Cholesterol Scrambled Eggs
- Create-Your-Own Omelet*
Diced Green Peppers & Onions, Diced Tomatoes, spinach,

Sides

- Hot Cereal (Grits or Cream of Wheat)
- Cold Cereal (Cornflakes, Frosted Flakes, Rice Chex)
- White bread (toasted or untoasted)

Fruit

- Apple
- Banana
- Applesauce
- Orange
- Grapes
- Fresh Fruit Cup
- Peach Slices
- Pear Halves
- Mandarin Oranges

Lunch/Dinner

Entrees

- CYO Rice Bowl:
Brown/white rice, Broccoli, cabbage, carrots, green/red pepper, onion, mushroom, peas
- CYO Salad:
Mix greens, spinach, iceberg, leaf lettuce, tomatoes, onions, mushroom, cucumber, green pepper, carrots - balsamic vinegar (not vinaigrette)

Sides

- White Bread
- Brown or White Rice
- Pretzels
- Fresh Fruit Plate
- Garden salad (side)

Soup

- Vegetable Broth
- Tomato Soup

Veggies

- Broccoli Cuts
- Collard Greens
- Green Peas
- Sliced Carrots
- Yellow Squash

Desserts

- Regular Gelatin (Berry or Citrus)
- Diet Gelatin (Berry or Citrus)
- Sugar-Free Pudding (Chocolate or Vanilla)
- Popsicle/ Sugar Free Popsicle

Beverages

Hot

- Coffee (Reg or Decaf)
- Hot Tea (Reg or Decaf)

Cold

- Cola / Gingerale / Lemon Lime Soda (Reg or Diet)
- Lemonade (Reg or SF)
- Ice Tea (Sweet or Unsweet)

Milk

- Non- Fat milk
- Lactaid

Juice

- Orange
- Apple
- Grape
- Cranberry
- Prune

*Refer to At Your Request regular tri-fold patient menu for detailed list of options.