

PEDIATRIC FAT RESTRICTED DIET

Your child has been placed on a fat restricted diet due to chylous drainage. When on this diet they can only have 13 grams fat/day (3 g at breakfast, 5 g at lunch and 5 g at dinner). Please note the numbers next to the food items indicate the grams fat/item. When nothing is listed, this item is fat free.

Fruit

Banana
Fresh Fruit Cup
Apple
Peach slices
Pear Halves
Applesauce
Orange



Breakfast

(1) Bagel/English Muffin/White or Wheat Bread
Egg Substitute
(2) Pancake
(1) Cottage Cheese
(3) Bacon slices
(1) Egg substitute omelet (adding onion, tomato, mushroom and/or green peppers)
(1) Strawberry Yogurt
(1) Vanilla Yogurt
(2) French Toast

Cereal

Grits
Cream of Wheat
(2) Oatmeal
Rice Krispies
(2) Cheerios
(1) Fruit Loops
Special K
Frosted Flakes
Corn Flakes
(1) Raisin Bran



Beverages

Cola/Diet Cola
Diet Caffeine Free Cola
Ginger Ale/Lemon Lime/Diet Lemon Lime
Lemonade/Diet Lemonade/ Orange Soda
Iced Tea Sweet/Unsweetened
Skim Milk/Lactaid Milk

Main Meal

(4) Ham/Turkey/Roast Beef Sandwich (1 oz meat, 1 slice low fat cheese, 2 slices bread)
(3) Fat-Restricted English Muffin Pizza
(1) FF Hot Dog w/ Bun
(2) Roast Turkey Breast
(2) Grilled Vegetable Wrap
(3) Teriyaki Glazed Chicken
(3) Blackened, Baked, or BBQ Chicken
(1) Fruit & Cottage Cheese Plate
(1) Spaghetti
(1) Whole Wheat Pasta
Marinara Sauce

Sides

(1) Carrots
Green Beans
(1) Corn
Peas
Broccoli
Collard Greens
(2) Garden Vegetable Soup
Tomato Soup
Garden Salad
(3) Whipped Potatoes

Desserts

Diet Vanilla Pudding
Diet Chocolate Pudding
Flavored Gelatin
(2) Vanilla/Chocolate/Strawberry Ice Cream
(1) Orange/Lime Sherbet

Toppers

Lettuce/Tomato/Onion
Pickles
Salt/Pepper/Sugar
Ketchup/Mustard/FF Mayo
Salsa/ BBQ Sauce
Syrup/Jelly/Diet Jelly/Honey
(1) Honey Mustard
(1) Italian
Diet Italian
Balsamic Vinegar
Vinegar

