

FAT FREE MENU

Your doctor has prescribed you a fat free diet to help decrease chyle output.

The following items are very low in fat or fat-free.

****Multiple diet restrictions may limit the foods allowed****

Revised Feb 2022

B R E A K F A S T

Low-Cholesterol Scrambled Eggs

Hot Cereal:

Cream of Wheat
Grits

Cold Cereal:

Corn Flakes
Frosted Flaked

Fresh Fruit:

Apple
Banana
Orange
Red Grapes
Applesauce
Peach Slices
Pear Halves
Mandarin Orange

E N T R E E S

Mixed Green Salad

Carrots & Celery Sticks

Fresh Fruit Platter

Apples, Grapes, Strawberries & Cantaloupe

D E S S E R T S

Sugar-Free Chocolate Pudding

Sugar-Free Vanilla Pudding

Gelatin-Berry (Regular or Sugar-Free)

Gelatin-Citrus (Regular or Sugar-Free)

S I D E S

Broccoli

Collard Greens

California Mixed Vegetables

Brown Rice

White Rice

White Bread

Vegetable Broth

B E V E R A G E S

Coffee (Regular or Decaf)

Hot Tea (Regular or Decaf)

Iced Tea (Regular or Unsweetened)

Skim Milk

Lactaid Milk

Orange Juice

Apple Juice

Cranberry Juice

Cola (Regular or Diet)

Lemon Lime Soda (Regular or Diet)

Ginger ale (Regular or Diet)

Lemonade

**Speak with the Call Center
Representative for
Additional Options**

CALL US 843-792-3892