

9

Reduced-Fat Diets

Patient name: _____

Admission: _____

NRS
DATE INITIAL**I. The client/caregiver can define the role of dietary fat in disease.**

- A. Fats provide energy, help in the absorption of fat-soluble vitamins, supply fatty acids, lubricate body tissues, help regulate temperature, and provide protection for some of the most vital organs in our bodies.
- B. A healthy level of dietary fat also gives flavor to our foods and provides a feeling of fullness during meal intake.
- C. High levels of fat contribute to many chronic diseases. High-fat diets greatly increase the risk of cardiovascular disease, obesity, and some types of cancer.

II. The client/caregiver can list the current dietary recommendations for a reduced-fat diet.

- A. The American Heart Association, Surgeon General, American Cancer Society, and the American Diabetes Association agree on the following:
 1. Have diets that are low in saturated fat and cholesterol and moderate in total fat.
 2. Limit fat to 35% or less of the total daily calorie intake.
 3. Limit saturated fat to less than 10% of total daily calorie intake.
 4. Limit cholesterol to 300 mg or less daily.

III. The client/caregiver can list major sources of dietary fat.

- A. Beef, butter (or margarine), salad dressings (including mayonnaise), cheese, and milk are the top five sources of saturated fat in the average diet.

NRS
DATE INITIAL**IV. The client/caregiver can list ways to reduce dietary fat in the diet.**

- A. Fruits—avoid avocado, coconut, and olives. Most other fruits are low in fat.
- B. Vegetables—eat and prepare vegetables wisely. Avoid fried, creamed vegetables. Avoid cheeses and dressings high in fat on vegetables.
- C. Dairy products—select low-fat or fat-free milk, yogurt, and cheese products. Drink two to three servings of low-fat milk and milk products daily.
- D. Proteins
 1. Use plant sources of protein such as beans and nuts.
 2. Use lean meats and trim any excess fat.
 3. Remove skin from poultry. Avoid breading or sauces.
 4. Eat two to three servings of lean fish, poultry, lean meats, or other protein sources daily.
 5. Limit intake of organ meats like liver.
 6. Limit shellfish (crab, lobster, etc.) due to high cholesterol levels.
- E. Read nutrition fact labels carefully when shopping.
 1. Use low-fat or fat-free salad dressings.
 2. Choose vegetable oils lower in saturated fats such as canola oil.
 3. Season foods with lemon juice, or spices and herbs with label of low fat/low sodium.
- F. Cooking and serving foods
 1. Use fats and oils sparingly when cooking or serving foods.
 2. Use low-fat sauces on rice, pasta, and potatoes.
 3. If using some of the commercial fat replacers, be alert for gastrointestinal side effects (cramps and diarrhea).
 4. Avoid frying foods. Instead, bake, boil, or broil them.

(Continued)

RESOURCES

American Heart Association
www.americanheart.org

National Heart, Lung, and Blood Institute
www.nhlbi.nih.gov

National Institutes of Health
www.nih.gov

The Office of the Surgeon General
www.surgeongeneral.gov/sgoffice

American Diabetes Association
www.diabetes.org

My Pyramid—United States Department of Agriculture
www.mypyramid.gov

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