

Restricted Fat Diet

1. Purpose

a. The Nutrition Indicators of a fat restricted diet are conditions that make it difficult to digest fat such as chronic pancreatitis and gallbladder disease.

b. The criteria to assign the diet are conditions that make it difficult to digest fat, such as chronic pancreatitis and gallbladder disease, diseases of the biliary tract and the lymphatic system.

c. The rationale for this diet is that it will minimize the unpleasant side effects of malabsorption such as diarrhea, gas, cramping, and bloating.

2. Population

a. About .02% of the population is on a fat restricted diet. It is prescribed to the people who have diseases such as pancreatitis and gallbladder disease. This can affect both men and women more commonly adults.

b. Little is known about how the disease process begins. It is thought that proteolytic enzymes are thought to be activated while still within the pancreatic cells, setting off a local and systemic inflammatory cell response. It mainly affects the fatty tissue and may spread behind the colon.

3. General Guidelines

a. The nutrition guidelines for a fat restricted diet are to increase consumption of grains fruits and vegetables. Intake of meats and proteins should be limited to 6 oz a day. No more than 3 tbsp of fat should be consumed daily. It is recommended to eat a variety of low-fat or fat-free foods with each meal.

b. These nutritional guidelines are adequate because it follows the food guide pyramid to healthy eating. It is successful in helping patients to lose necessary weight.

c. The main goals of a fat restricted diet are to reduce weight and lower BMI. It is also used to prevent diseases such as acute pancreatitis, gallbladder disease, cardiovascular disease, and type 2 diabetes. It lowers LDL cholesterol as well.

d. A fat restricted diet meets its DRI because the patient is receiving his/her adequate nutrient intake through the other sources in the diet. While their fat is limited, they are still getting the carbohydrates and proteins they need keeping their diet balanced.

4. Education Material

a. It is best for the patient to work with the dietitian at first to establish the diet and determine what foods are acceptable and which foods are not.

b. The best way for the patients to learn to comply would be working closely with the dietitian and establishing menus together. They should go over the allowable foods and make a variety of meals out of those depending on what the patient prefers and then determine how much fat can be incorporated in the diet and where it should come from.

5. Sample Menu

a. The most highly recommended foods for a restricted fat diet are whole grains, fruits and vegetables because they are low in fat and they provide anti oxidants. Low fat and fat free foods are recommended. Lean meats and salads are recommended as well.

b. The foods that should be avoided are foods that are high in fats. Red meats should be avoided as well as foods high in sugar. Fried foods as well as quick breads baked are not recommended because of the excess amounts of fats. Vegetables should not be prepared with butter or oil and beverages should be clear.

c. Breakfast: scrambled egg whites, whole wheat toast, an orange, and sugar free cranberry juice. Lunch: tuna salad made with fat free mayonnaise on whole wheat bread, green beans, and skim milk. Dinner: boiled chicken, steamed rice, steamed broccoli, and skim milk. Snack: popcorn without salt or butter

6. Websites

- a. pancreatitis association international - <http://pancassociation.org/>
- b. New England Journal of medicine – <http://content.nejm.org/cgi/content/full/359/3/229>

7. References

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