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A Low-Fat diet as the name implies is a diet that consists of little fat, especially saturated fat and cholesterol, which are thought to lead to increased blood cholesterol levels and heart disease. It is important to know that dietary fat is needed for good health, as fats supply energy and fatty acids, in addition to supplying fat-soluble vitamins like A, D, E, and K. Understanding the amount of To...

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55 North Lake Ave Worcester, MA 01655 Low-Fat Low Cholesterol Diet If you have any questions please call the dietitian for further information. Food Group Foods Allowed Foods to Avoid Meat Meat substitute Lean cuts well trimmed Fatty cuts of beef, pork, 6 oz or less day beef, pork, lamb; e.g., lamb, regular ground loin, round, select grade beef, spare ribs, organ meats Poultry without skin Fish, sh...

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Low Fat Diet For a regular healthy diet, it is recommended that of the total calories eaten, no more than 30% should come from fat. However, certain diseases and medical conditions can make it difficult for the body to tolerate even that much fat, so a low-fat diet may help people with these conditions. Gallbladder Disease: Bile secreted from the gallbladder helps the body break down and absorb fats. ...




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