

Fat Free Diet

Preferred foods

- Lean meat (baked or broiled chicken, turkey or fish)
- Soup (no creamed soups)
- Plain bread/toast (jam, jelly or honey no butter)
- Plain, cooked or fresh fruits
- Juices

Do not eat these foods

- Dairy products (milk, cheese, butter)
- Greasy, deep fried foods
- Peanut butter
- Nuts
- Red meat