

The “F” Word: Reducing Dietary Fat

Reasons to Cut Fat

Weight Management

Weight gain is caused by consuming more calories than you burn. Calories come from three main sources: carbohydrate, protein, and fat (alcohol is a fourth source). The calories in each are as follows:

- Carbohydrate has 4 calories per gram.
- Protein has 4 calories per gram.
- Alcohol has 7 calories per gram.
- Fat has 9 calories per gram.

Fat has more than twice as many calories per gram as carbohydrate or protein. This means that ounce-for-ounce, you will get more calories from fat.

Another important factor is that foods with fat tend to be more concentrated than carbohydrate or protein foods. The latter foods often include natural water and/or fiber, which add no-calorie or low-calorie volume to portions.

Management of Intolerances

Fatty foods may be hard to digest after weight-loss surgery. This is especially true with biliopancreatic diversion (BPD) and biliopancreatic diversion with duodenal switch (BPD/ DS). High-fat foods will cause gas and diarrhea and should be restricted. With gastric bypass (GBP) and sometimes with sleeve gastrectomy (SG), greasy foods can cause dumping syndrome.

Reducing Fat (and Calories) in Cooking and Dining

Cut Back on High-Fat Extras

One simple way to eat less fat and calories is to cut back on condiments and other fat-based “extras” that we add to breads, salads, and other foods. Examples include:

- Cream cheese on bagels
- Butter on toast
- Mayonnaise and cheese on burgers or sandwiches
- Dressing and croutons on salads
- Sour cream and butter on potatoes
- Milk and creamer in coffee

Make Substitutions

There are a number of simple substitutions that can help you cut back on fat.

Instead of	Try
Sour cream	Fat-free sour cream or Greek yogurt
Cream	Fat-free evaporated milk
Mayonnaise	Light or fat-free mayonnaise
Cream cheese	Fat-free cream cheese
Hamburger	Ground round or other extra-lean meat, ground turkey breast
Bacon	Turkey or vegetarian bacon
Sausage	Turkey or soy sausage
Oil in baking	Applesauce, Greek yogurt
Oil to coat pans	Nonfat cooking spray

Find the Hidden Fat

Dietary fats are often “hidden” in foods. For example, some cuts of meat have fat that you can’t see. Baked goods, including many crackers, are made with butter, shortening, or oil. Dairy products can be a big source of fat, too. The following guide tells you which foods in each group to stick with and which to avoid.

Low Fat	Limit
Breads and Starches	
Whole grain bread	Biscuits
Brown rice	Fried rice
Rye krisps, saltines	Ritz crackers, WheatThins, Triscuits
Oatmeal	Muffins or croissants
Pasta	Flour tortillas, fried taco shells
Beans or fat-free refried beans	Regular refried beans
Milk and Dairy Foods	
Fat-free (skim) milk, nonfat cheese	2% or whole milk, cream, regular cheeses
Fat-free yogurt	Whole milk yogurt or sour cream
Fat-free cottage cheese or fat-free ricotta cheese	Cottage cheese or ricotta cheese made with whole milk or low-fat milk
Meats and Protein Foods	
Broiled fish	Fried fish
Skinless chicken or turkey	Fried chicken, hot wings
Pork tenderloin	Ribs
Beef sirloin, round, or chuck	Prime rib
Low-fat hot dogs	Sausage, bacon, fatty cold cuts
Broiled, boiled, or steamed shellfish	Fried shellfish
Tuna packed in water	Tuna packed in oil
Wild game	

Healthy Fats

Some dietary fat is important and healthy. Moderate amounts of nuts, seeds, peanut butter, avocado, fatty fish (e.g., tuna, salmon, and mackerel), olive oil, and other healthy oils provide nutrients and essential fatty acids. Aim to get most of your fat from these sources, instead of consuming saturated fats and *trans* fats, which are associated with increased risk of heart disease.