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LOW FAT DIET

Foods to Avoid:

High Fat Steaks: Rib eye, porterhouse or t-bone

Bologna and Salami

Liverwurst

Fried Foods

Cheese and foods that contain cheese such as pizza, calzones, quesadillas and cheese ravioli

Gravy

Prime Rib

Cream Soup (unless low fat) or Bisque

Use sparingly the following foods

Mayonnaise

Butter and Margarine

Salad Dressings

Guacamole and Avocado

Nuts and Seeds-limit to 1- 2 Tablespoons

Nut Butters-limit to 1-2 Tablespoons

Dips and Sauces

Sour Cream and Cream Cheese