

Low Fat Diet Post Fontan Procedure

Your child needs to eat foods that are low in fat. Your child's doctor and dietitian will discuss your child's needs in detail with you.

What is fat?

Fat, carbohydrates, and protein are the three main components of food that give our bodies energy. Fat supports many body functions.

Why does my child need a low fat diet?

Low fat diets still provide fat that the body needs. Your child may have a medical condition that requires a low fat diet. These include:

Chyle leak. Chyle is a milky fluid that is made in the small intestine and has fat that we eat, important proteins, and white blood cells. Chyle travels through our lymph system around the body to help our immune system. A chyle leak can happen after surgery to the neck, chest, or abdomen.

If your child has a leak in their lymph system, chyle can spill out into parts of the body where it should not be. A low fat diet will slow down the flow of the leak so it can begin to heal itself.

Other: _____

How long does my child need to eat a low fat diet?

Your child will need to eat a low fat diet until

Buying food

Look for phrases like "extra lean", "fat-free," "nonfat," "low fat," "reduced fat," or "light." Some foods listed under "foods to avoid" may be available as a low fat or fat-free. Compare these phrases to the information on the Nutrition Facts label.

Use the Nutrition Facts Tables to choose foods that have no more than 25% calories from fat.

Cooking and preparing food

- Trim all visible fat from meats before and after cooking. Roast meats on a rack to allow fat to drip off.
- Remove the skin from poultry (like chicken or turkey) before cooking and choose white breast meat, if possible.
- Use low fat cooking methods such as broiling, baking, poaching, barbecuing, or sautéing with broth or a small amount of nonstick cooking spray. Avoid frying or grilling in a pan using fat.
- Add flavors that do not contain fat like vinegar, lemon, lime, other fruit or vegetable juices, herbs and spices, fat-free sauces, and marinades.
- Use a small amount of nonstick cooking spray, instead of shortening, butter, margarine or oil to grease pans or baking dishes.

Restaurant foods

- Many chain and fast food restaurants have nutrition information for menu items. Ask your server for this information.
- Look for cooking methods such as broiling, baking, or poaching. Avoid menu items that say things like buttered, breaded, cream sauce, pan-fried, fried, crispy, au gratin, cheesy, decadent, gravy, or marinated in oil.
- Ask for sauces and dressings served on the side to limit how much is added.
- Ask for food to be made without added fat.

Choosing foods that have no more than 25% calories from fat

To determine if foods have less than 25% of calories from fat, follow the steps below.

This example is based on the Nutrition Facts Table for low fat yogurt.

Steps	Example
Find the calories on the label.	100 calories
Then, find the total fat in grams (g) on the label.	1 gram
Next, multiply the total fat in grams (g) by 9 to get the total calories of fat in a serving. One gram of fat contains 9 calories.	1 gram total fat x 9 = 9 calories from fat in 1 serving.
Then, divide the total calories of fat in a serving by the calories listed on the label.	9 divided by 100 = 0.09
Finally, multiply by 100 to get the percent of calories from fat.	0.09 x 100 = 9%

Nutrition Facts	
Per 1 cup (250 mL) (34 g)	
Calories 100	% Daily Value*
Fat 1 g	2 %
Saturated 0 g	
+Trans 0 g	0 %
Carbohydrate 28 g	
Fibre 0 g	0 %
Sugars 5 g	5 %
Protein 4 g	
Cholesterol 0 mg	
Sodium 210 mg	9 %
Potassium 150 mg	3 %
Calcium 300 mg	23 %
Iron 0 mg	0 %

*5% or less is **a little**, 15% or more is **a lot**

Choosing foods for a low fat diet

Use these lists as a guide for finding **low fat foods**. Some of the foods on the **high fat foods** list may come in varieties that meet the 25% calories for fat cut-off. Check the Nutrition Facts tables.

Low fat foods to choose

High fat foods to avoid

Protein foods – Meat, poultry, fish and beans or lentils

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|--|---|
| <ul style="list-style-type: none">• Chicken or turkey breast, skinless• Egg whites, egg substitutes• Extra lean ground meats• Fat-free refried beans• Lean deli turkey• Lower fat fish/shellfish: Tilapia, halibut, ocean perch, rockfish, cod, sole, Mahi-mahi, pollock, haddock, hake, tuna, shrimp, crab, lobster, clams, scallops, mussels, canned fish in water• Peas, beans, lentils• Red meat cuts with “loin” or “round” in the name and with less visible fat marbling (white streaks of fat)• Tofu• Venison | <ul style="list-style-type: none">• Bacon, sausage, hot dogs, bologna, salami, spam• Chicken or turkey thighs or legs, with skin• Duck• Fried or breaded meats and tofu• Full-fat refried beans• Higher fat fish: herring, mackerel, sardines, salmon, catfish, trout, swordfish, canned fish in oil• Lamb• Lean deli ham• Lean, medium, regular ground meats• Organ meats, like liver• Red meats cuts with a lot of visible fat marbling• Spareribs, oxtail• Whole eggs, egg yolks |
|--|---|

Protein foods - Milk, dairy, and other foods

- | | |
|---|---|
| <ul style="list-style-type: none">• Fat-free cheese• Fat-free or low fat cottage cheese• Fat-free sour cream• Fat-free half-and-half, fat-free non-dairy creamers• Fortified rice beverage, oat beverage• Nonfat or 0% M.F. yogurt• Skim or 1% cow’s milk | <ul style="list-style-type: none">• 2% or whole 3.25% cow’s milk• Coconut milk, soy milk• Full fat cottage cheese• Full fat or low fat sour cream• Whipping cream, half-and-half, and non-dairy creamers• Full fat or low fat cheese• Milk with 2% M.F. or higher• Yogurt with 1% M.F. or higher |
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Vegetables and fruits

- | | |
|--|--|
| <ul style="list-style-type: none">• Fruits and fruit juices• Pickled vegetables• Vegetable broth• Vegetables and vegetable juices | <ul style="list-style-type: none">• Avocado• Coconut• Fried vegetables or fruit• Olives |
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Low fat foods to choose

High fat foods to avoid

Grain foods

- Corn or flour tortillas (not fried)
- Injera
- Low fat or fat-free baking mixes
- Most breakfast cereals and low fat granolas
- Oatmeal, cream of wheat, and cream of rice
- Plain noodles, pasta, and rice
- Some breads and rolls

- Buttermilk breads, croissants
- Congee
- Doughnuts, pastries
- Fried rice
- Fried tortillas
- Muffins, biscuits
- Regular granola

Condiments and sauces

- Fat-free gravies or sauces
- Fat-free mayonnaise
- Fat-free salad dressings
- Ketchup, mustard, and relish
- Margarine that is labeled “light”
- Soy sauce and teriyaki sauce
- Sugar, honey, syrup, or jelly

- All oils
- Gravy made with fat or meat drippings
- Lard, butter, margarine
- Mayonnaise
- Nut and seed butters
- Regular salad dressings
- Some spreads and dips

Snacks

- Air-popped popcorn
- Baked chips
- Fruit leathers
- Pretzels
- Rice cakes
- Saltine and graham crackers
- Some low fat granola bars

- Buttery snack crackers
- Chips
- Nuts and seeds
- Popcorn with added butter, oil, or cheese
- Regular granola bars

Desserts

- Fat-free hot chocolate
- Jello® and gelatin desserts
- Low fat or nonfat baking mixes
- Plain sugar candy (hard or gummy)
- Pudding made with nonfat milk
- Sherbet, sorbet, or popsicles®
- Sponge cake, angel food cake

- Any other kinds of cake
- Candy bars
- Chocolates and caramels
- Cookies
- Custards
- Fruit crisps or cobblers or pies
- Ice cream



For more support

- Talk to your healthcare team.
- Call Health Link at 811 and ask to talk to a dietitian.
- Visit ahs.ca