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General Surgery
Breast Surgery

DIPLOMATE AMERICAN BOARD OF SURGERY

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Low Fat Diet

Laparoscopy
Trauma/Surgical Critical Care

*All fresh, frozen or
canned fruits and juices,
as tolerated, except those
listed to avoid.*

Avoid

Avocado
Raw apple, if not
tolerated
Raw melon, if not
tolerated

Vegetables

Permitted

All fresh, frozen, or
canned vegetables and
juices as tolerated.

Avoid

Gas forming vegetables,
if not tolerated:
Broccoli
Brussels sprouts
Cabbage
Cauliflower
Corn
Cucumber
Dried peas or beans
Onions
Parsnips
Turnips
Peppers

Potatoes and Substitutes

Permitted

Baked, boiled or mashed
white and sweet potatoes
Egg noodles
Macaroni
Spaghetti noodles
Rice
Hominy

Avoid

Fried potatoes
French fries
Potato chips
Chow mein noodles
All potatoes and potato
substitutes prepared with
cream, cheese or white
sauce

Meat and Substitutes

Permitted

Lean (boiled, baked,
broiled, or roasted):
Beef
Pork
Lamb
Veal
Chicken
Turkey
Fish, shellfish
Organ meats

Water packed canned
tuna and salmon
Egg (limit to one per
day)
Cottage cheese

Avoid

Fatty meats
Fried or creamed meats,
poultry, and fish
Fried eggs
Frankfurters, vienets
Luncheon meats
Sausage
Bacon
Duck
Goose
Poultry skins
Canned fish packed in oil
Cheeses other than
cottage cheese
Peanut butter

Breads

Permitted

White, rye, and whole
wheat bread (includes
whole grain and enriched
products)
Graham crackers
Soda crackers
Zwieback
Melba toast
Rusks

Avoid

Egg and cheese breads
Muffins
Biscuits
Dinner rolls
Sweet rolls
Doughnuts
Pancakes
Waffles
French toast
Snack crackers

Cereal Products

Permitted

All

Avoid

None

Fats

Permitted

Butter and margarine,
limit to 3 teaspoons per
day

Avoid

Cream whipped toppings
Non-dairy cream
substitutes
Butter and margarine in
excess of 3 teaspoons per
day
Salad dressings
Oil
Shortening

Soups

Permitted (use as desired)

Broth, bouillon
Cream soup made with
skim milk and permitted
fat free vegetable soup

Avoid

All commercial soups
All other soups not listed
as permitted

Sweets

Permitted (use as desired)

Sugar
Honey
Syrup
Jams, jellies, preserves
Hard candy
Gum drops
Marshmallows

Avoid

Candies containing
butter, chocolate,
coconut, caramels

Desserts

Permitted (use as desired)

Angel food cake
Fruit whips made
With egg whites
Fruit ice
Gelatin

Avoid

Cakes other than angel
food cake
Commercial baking
mixes
Pies, pastries
Yogurt
Puddings
Custard
Ice cream
Sherbet
All desserts containing
butter, chocolate,
coconut, cream, egg yolk
or whole milk

Beverages

Permitted

Coffee
Coffee substitutes
Tea
Carbonated beverages
Skim milk
Buttermilk made with
skim milk
Meritene Nourishments

Avoid

Cocoa
Whole milk
2% milk
1% milk
Condensed milk
Evaporated milk
Milk shakes, malts
Eggnog
Alcoholic beverages

Miscellaneous

Permitted (use as desired)

Herbs, spices
Salt
Mustard
Pickles
Unbuttered popcorn
Vinegar
Cocoa powder
Catsup