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## Low-Fat Foods

lean cuts (look for "loin" in the name), or extra-lean ground beef. Braise, roast, or cook them without adding fats.

- Beans, peas, and lentils, cooked (or canned) without added fats or fatty meats (grains or cereal in your daily food intake make this add up to a complete protein)
- Veggie burgers

### **Grains, cereals, and pastas**

- Hot (oatmeal or grits) and cold cereals (except granola types)
- Rice or noodles (watch out for fat in sauces you may add). Choose whole grain versions like brown rice
- Whole grain bagels, pita bread, or English muffins
- Low-fat crackers and breads
- Soft tortillas – corn or whole wheat

### **Fruits and vegetables**

- Fruits, including fresh, frozen, or canned (in their own juice)
- Vegetables, including fresh, frozen, or canned (choose lower-sodium varieties)

### **Other foods**

- Broth type soups with a vegetable base
- Sauces, pudding, or shakes made with skim milk
- Salsa
- Mustard

These foods supply half the fat (or less) than the regular version of the food, but most of their calories still come from fat. They should be used in small amounts by people on low-fat diets:

- Light margarine and mayonnaise
- Reduced-calorie or fat-free salad dressings
- Non-stick cooking spray

## Hyperlinks

1. [www.eatright.org](http://www.eatright.org)
2. [www.nal.usda.gov/fnic](http://www.nal.usda.gov/fnic)
3. [www.cancersupportcommunity.org/](http://www.cancersupportcommunity.org/)

## Additional Resources

Along with the American Cancer Society, other sources of information and support include:

**Academy of Nutrition and Dietetics** Website: [www.eatright.org](http://www.eatright.org)<sup>1</sup>

- For information on diet, nutrition, and various nutrition topics; also has a searchable directory of registered dietitians, including dietitians specializing in oncology nutrition

**Food and Nutrition Information Center**, US Department of Agriculture (USDA)

Website: [www.nal.usda.gov/fnic](http://www.nal.usda.gov/fnic)<sup>2</sup>

Offers information on dietary supplements, including vitamins, minerals and herbs; education on dietary guidelines; food nutrition facts, including fast5 tp1 72 558 Tm 0 0 0 rg /GS82

Our team is made up of doctors and oncology certified nurses with deep knowledge of cancer care as well as editors and translators with extensive experience in medical writing.

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