

LOW FAT EATING PLANS

General Recommendations:

- 10–30% calories from fat
- Under 10% saturated fat
- Greater reduction in LDL cholesterol, and in case of DASH, reductions in blood pressure
- May result in greater hunger due to lack of satiety hormones from fat digestion
- After 6 months, similar weight reduction as low carbohydrate
- Examples: DASH, Ornish



Ornish

Encouraged

- Whole food in natural form
- Vegetables, fruits, legumes, whole grains
- One serving soy per day
- Green tea
- Fish oil
- Small frequent meals throughout the day

Discouraged

- Fat: under 10% calories from fat
- Cholesterol: under 10 mg per day
- Limit sugar, sodium, alcohol, and caffeine other than from green tea
- Avoid animal products
- Avoid trans fats
- Avoid refined carbohydrates and oils

DASH (Dietary Approaches to Stop Hypertension)

Encouraged

- Vegetables, fruits, whole grains
- Low fat dairy
- Fish, poultry, lean meats
- Nuts, seeds, legumes
- Fiber, calcium, magnesium, potassium

Discouraged

- Sodium: limit to 1,500–2,300 mg per day
- Fat: under 27% of calories per day
- Saturated fat: under 6% of calories per day
- Cholesterol: under 150 mg per day
- Red and processed meat
- Sugar