



Low Fat Diet (Prior to ECP Procedure)

Patients scheduled for an ECP (Extracorporeal Photopheresis) procedure should eat a low fat diet the day before, and the day of treatment. It is recommended that patients follow this diet until the ECP treatment plan is completed.

(Review the diet instructions in the ECP procedure booklet).

High Fat Foods to Avoid

These are general categories of foods that are high in fat. The Cancer Center nutritionists are available for consultation in the Nutrition Clinic. Call (877) 907-0859 to schedule an appointment.

- **Dairy Products** high in fat include cheese, cream, ice cream, whole milk, 2% milk, sour cream, egg yolks and butter.
- **High Fat Meats** include regular ground beef and heavily marbled meats (such as prime rib), bologna and most lunch meats, hot dogs, sausage, bacon, salt pork, spareribs, liver and other organ meats, and the skin of poultry (chicken and turkey).
- **Fried foods:** Avoid fast fried fast foods such as french fries, fried chicken and fish sandwiches, burgers topped with cheese, sauces or bacon and milkshakes.
- **Gravy, heavy cream sauces and dressings** with saturated fats such as creamy salad dressings and mayonnaise

- **Chocolate**
- **Saturated fats and hydrogenated oils** such as shortening, lard, palm oil and palm kernel oil, coconut oil and some margarines.
- **Nuts** high in fat including pistachios, macadamia nuts, cashews and nut butters
- **Baked goods and snacks** that contain saturated fats and hydrogenated oils (listed above) including doughnuts, cookies, pies, muffins etc. Check the total fat and saturated fat content of snacks, but in general avoid chips (potato and corn chips, tostidos etc), microwave popcorn etc.

Tips for Reducing Fat Intake

When selecting foods:

- Choose a diet rich in fruits, vegetables, whole-grain, high-fiber foods, and fat-free and low-fat dairy most often.
- **Learn about the foods you eat by reading nutrition labels.** Look for "low-fat," "nonfat" and "reduced-fat" claims on food packages. Focus on total fat, rather than individual items.
- **Choose lean meats, fish and poultry, and legumes.** Other good low-fat sources of protein include dried beans and peas, tofu, low-fat yogurt, low-fat milk, low-fat cottage cheese and tuna fish packed in water. Choose skim or 1% milk.
- **Enjoy low-fat (no more than 3 grams of fat per ounce) or nonfat cheeses and spreads.** Try low-fat or fat-free versions of your favorite margarine, salad dressing, cream cheese, mayonnaise and fat free hummus.

- Use soft margarine as a substitute for butter, and choose margarines (liquid or tub varieties) over harder stick forms. Look for "0 g trans fat" on the Nutrition Facts label.

When preparing foods:

- Trim all visible fat and remove the skin from poultry.
- Bake, broil or grill meats on a rack that allows fat to drip from the meat. Sprinkle lemon juice and herbs/spices on cooked vegetables instead of using cheese, butter or cream-based sauces.
- Try plain, nonfat or low-fat yogurt and chives on baked potatoes rather than sour cream. Reduced-fat sour cream still contains fat, so you must limit the amount you use.

When dining out:

- Choose simply-prepared foods such as broiled, roasted or baked fish or chicken. Avoid fried or sautéed foods, casseroles, and foods with heavy sauces and gravies.
- Request that your food be cooked without added butter, margarine, gravy or sauces.
- Request salad with low-fat dressing on the side.
- Select fruit, angel food cake, nonfat frozen yogurt, sherbet or sorbet for dessert instead of ice cream, cake or pie.
- **FAST FOODS:** choose grilled chicken or baked potato with fat free sour cream; choose low fat milk rather than a milkshake. Choose salads, but use low fat dressings.

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

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