



Dietary Principles for Low Oil 低油飲食原則(英文)

Goal :

Excessive fat feeding not only contributes to obesity but also leads to high blood cholesterol, high blood sugar, diseases like cardiovascular, and increased the incidence of diabetes. Restricted fat intake is helpful in lowering blood triglyceride levels, reducing loading on pancreas and intestinal tract, and minimizing stimulations of the gallbladder.

Subjects:

1. Hypertriglyceridemia
2. Obesity.
3. Pancreatits
4. Chylothorax, chylous ascites
5. Hepatitis, cholecystitis, gallstones, hepatitis and gallbladder diseases like bile duct obstruction.
6. Diarrhea and fat digestion, absorption and metabolic abnormal related disease.

General principles:

1. Maintain ideal body weight:

Ideal body weight of the algorithm

$$\text{【BH (m) }^2 \times 22 \text{】} \pm 10\%$$

2. Avoid foods with high oil:
 - a. Deep-fried, fried food, pastries, and cream cakes.
 - b. Fat, pigskin, and skin.
 - c. Bacon, sausages, bacon, and hot dogs.
 - d. Almonds, walnuts, chestnuts, cashews, pistachios, sesame, beans, peanuts, melon seeds, pumpkin seeds, and Kwai

- melon seeds
 - e. Salad dressing, cream, butter, and lard.
 - f. Coconut powder (meat), avocado, and durian.
 - g. Whole milk, whole goat's milk, cheese, creamer, and butter ball.
 - h. Ice cream, chocolate, instant noodles, fried and deep-fried dough sticks.
3. Choose lean meat base on its fat content with the order of fish without fish abdomen, peeled poultry of chickens, ducks, and geese, fat-removed meat like cattle, sheep, and pig.
 4. With frozen stewed meat, remove the oil layered on top before heating the food.
 5. Roasted chicken or barbecue sauce, containing high levels of fat, should be banned.
 6. When we cook, use diverse cooking measures like steaming, boiling, stewing, roasting, and brining, for it does not use oil. Foods with those cooking methods include steamed fish, boiled white Braised pork, and vegetables salad.
 7. Make use of low stimulating seasonings like sugar, vinegar, pepper, star anise, spice, tomato sauce, green onions, ginger, garlic, or thickener to bring out the flavor and to facilitate appetite.
 8. When dining out, choose steamed and clear beef broth food instead of greasy food like sesame oil chicken, buttered crab, and shrimp salad with yogurt.
 9. Do not consume more than 3 eggs per week and it includes products like cake, egg tart, and egg dishes like tomato scrambled eggs.
 10. If patients have long suffer from stomach upset, they should not consume foods yielding gas and those food include onion, leek, pepper, cabbage, cauliflower, green peppers, and sweet potatoes.
 11. Abide by instructions given by doctors and dieticians to consume fat-soluble vitamins A, D, E, K if you are under long-term low-oil diet.
 12. For patients with Chylothorax; chylous ascites; or liver, gall bladder, pancreas disease; chain triglycerides (MCT-oil) should be used to replace reduced calorie caused by restricted fat intake.