

Low Fat

A low fat diet focuses on foods that are low in fat.

- Kale
- Spinach
- Arugula
- Collard Greens
- Romaine lettuce
- Broccoli
- Brussels sprouts
- Cabbage
- Turnips
- Mushrooms
- Beans
- Legumes
- Sweet Potatoes
- Watermelon
- Strawberries
- Cantaloupe
- Honeydew melon
- Peaches
- Farro
- Bulgur
- Quinoa
- Haddock
- Cod
- Perch
- Pollock
- Chicken breast
- Skim milk
- Fat-free milk
- Yogurt
- Cottage cheese
- Egg whites