

Creating Your Low-Fat, Low-Sugar Meal Plan

Safe Breakfast Ideas

(Low Fat + Low Added Sugar):

- » Plain oatmeal with fresh berries and cinnamon
- » Egg white omelet with vegetables
- » Whole grain toast with mashed banana
- » Plain fat-free yogurt with fresh fruit
- » Unsweetened cereal with fat-free milk and sliced strawberries

Safe Lunch Ideas:

- » Grilled chicken breast (no oil) with steamed vegetables and brown rice
- » Bean and vegetable soup (homemade, no added oil)
- » Large salad with fat-free dressing (check sugar content)
- » Turkey breast sandwich on whole grain bread with lettuce, tomato, mustard

Safe Dinner Ideas:

- » Baked white fish with roasted vegetables (no oil) and quinoa
- » Lentil curry made with vegetable broth (no coconut milk or oil)
- » Stir-fried vegetables and shrimp (cooked in vegetable broth, not oil) over rice
- » Spaghetti with marinara sauce (check for added sugar and oil) and vegetables

Safe Snacks (Low Fat + Low Added Sugar):

- » Fresh fruit (apple, orange, berries, melon)
- » Raw vegetables with salsa or fat-free bean dip
- » Air-popped popcorn (no oil or butter)
- » Rice cakes with sliced banana
- » Fat-free plain yogurt with fresh berries

Practical Tips for Success

- 1. Read every label, every time** - Even "healthy" and "fat-free" products can be high in added sugar
- 2. Compare brands** - Total fat and added sugar content varies widely between similar products
- 3. Buy plain versions** - Get plain yogurt, oatmeal, and cereals; add your own fresh fruit
- 4. Avoid liquid sugar** - Beverages are the #1 source of added sugar in most diets
- 5. Cook at home** - Restaurant and processed foods typically contain more added sugar and are cooked with fats and oils.
- 6. Gradually reduce sugar** - Your taste buds will adapt to less sweetness over time
- 7. Keep a food diary** - Track both fat grams AND added sugar grams daily
- 8. Plan ahead** - Prep fruits and vegetables for quick, naturally sweet snacks
- 9. Stay hydrated** - Sometimes thirst feels like a sugar craving
- 10. Get support** - Work with a dietitian who understands both FCS and sugar management.



Your Daily Budget: Fat AND Sugar

Here's an example of how to budget both nutrients throughout the day:

Meal	Fat Budget	Added Sugar Budget
Breakfast	3-4g	5-8g
Morning snack	1-2g	0-3g
Lunch	4-5g	5-8g
Afternoon snack	1-2g	0-3g
Dinner	4-5g	5-8g
Total (Women)	20g	25g
Total (Men)	20g	36g

Red Flags: High Sugar + Fat-Free = Trouble

Watch out for products that market themselves as "healthy" but are loaded with sugar:

- » Fat-free flavored yogurt (20-30g added sugar)
- » Fat-free granola and granola bars
- » "Healthy" breakfast cereals (10-15g sugar per serving)
- » Fat-free muffins and baked goods
- » Smoothies and açai bowls (40-60g sugar)
- » "Natural" and "organic" products (high in sugar)

Remember: "Fat-free" does not always mean "sugar-free" or "healthy for FCS."