

Nutrition Guidelines for Chyle Leak (25 Grams Fat per Day)

What is a chyle leak?

Chyle is a milky looking fluid that contains lymphatic fluid and fat and is produced in the small intestine during digestion. Chyle is carried around the body by the lymphatic vessels of the lymphatic system. The lymphatic system carries fluid, fats, protein, and cells that fight infection around the body. A leak in the lymphatic system can occur after surgery which is called a chyle leak.

How can my diet help heal the chyle leak?

If you follow a very low fat or fat free diet, it can help heal a chyle leak. When you eat less fat, the body makes less chyle which decreases the amount of chyle that can leak into the body. This can make it easier for the leak to heal.

What are the guidelines of this diet?

- Limit your fat intake to no more than 25 grams per day. Do this by eating only fat free or very low-fat foods and drinks.
- The small amount of fat that is allowed in your diet should be spread out throughout the day. Do not eat all that fat at one meal.
- Read food labels to check the fat content of food items.
- Protein intake is very important. You may need to use nutritional supplement drinks or protein powders to meet your protein needs.
- Talk with your doctor or dietitian about taking a daily multivitamin with minerals while you are on this diet.
- This diet is meant for only short-term use and you shouldn't follow it for longer than 3 weeks.

Food Group	Foods Allowed	Foods not Allowed
Fruits	Fresh or canned fruits Dried fruits Fruit juice Jelly/jams/fruit spreads	Canned pie fillings Coconut Avocado
Vegetables	Plain fresh or frozen vegetables Canned vegetables Vegetable juice Pickles Potatoes & sweet potatoes without added fat	Olives Vegetables in sauce made with butter, cream, or cheese. Vegetables canned in oil
Breads/Cereals/Grains	Fat free breads, bagels and crackers Fat free cereals (no nuts) Fat free pasta and rice Air popped popcorn Fat free muffins	Breads or cereals that contain fat Bread or cereals with added fat such as cream, butter, peanut butter Microwave or stovetop popcorn made with oil

Dairy	Skim milk, skim milk powder Fat free cheese and cottage cheese Fat free sour cream and cream cheese Fat free yogurt and frozen yogurt	Low-fat or full fat dairy products Creamers that contain fat
Meats and Meat Alternatives	Fat free lunch meat/deli meat Fat free hot dogs Fat free egg substitute or Egg Beaters [®] , egg whites Fat free veggie burgers White poultry meat without the skin and trimmed of any fat Lean fish such as cod, perch, halibut, tilapia. Beans (black, pinto, kidney, white, lima) and lentils prepared without added fat Fat free refried beans	Whole eggs Nuts and seeds Peanut butter or other kinds of nut butter Soybeans/edemame Fatty fish such as salmon Dark poultry meat Fatty cuts of meat
Condiments	Fat free salad dressings and mayo Ketchup, BBQ sauce, mustard, soy sauce, and hot sauce Fat free salsa, relish Syrup	Low fat or regular mayo and salad dressings
Soups	Fat free broth Soups made with fat free broth, skim milk, or evaporated skim milk	Cream soups
Fats	Fat free creamers Fat free whipping cream/Cool Whip [®]	Butter, margarine, cream Lard Vegetable oils Low fat or regular mayo and salad dressings
Beverages	Decaf or regular coffee or tea Water Carbonated drinks Juice or lemonade Sports drinks such as Powerade [®] or Gatorade [®]	Specialty coffee drinks Tea or coffee with cream Shakes or smoothies that contain fat
Desserts	Fat free pudding, popsicles, nonfat frozen yogurt, fat free sherbet, fat free ice cream, desserts that are fat free Gelatin	Regular pudding Cookies, cake, pie, doughnuts Ice cream, frozen yogurt Milkshakes Chocolate candy

Nutritional Supplement Drinks	Carnation® Breakfast Essentials powder mixed with skim milk. Ensure Clear® Resource® Breeze Whey protein powders	Ensure® Glucerna® Boost® Carnation® Breakfast Essentials Ready to drink drinks Generic or store brand nutritional supplement drinks
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Teach Back

How many grams of fat are allowed daily on this diet?

Why is it important that you follow this diet?

What are two examples of fat free nutritional supplement drinks that you can consume on this diet?

If you are a UW Health patient and have more questions please contact UW Health at one of the phone numbers listed below. You can also visit our website at www.uwhealth.org/nutrition.

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children’s Hospital (AFCH) can be reached at: **(608) 890-5500**.

Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: **(608) 287-2770**.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person’s health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 7/2019 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#536