

Following a very low fat diet for a chyle leak (adults)

Dietetic and nutrition service

Last reviewed: February 2026

Next review: February 2029

Information for Adult Patients

Leaflet number: 1312 Version: 2

What is a chyle leak?

Chyle is a fatty fluid made when normal fat is digested and absorbed into our body. It travels within our lymph system. The lymph system is a network of channels and glands in our body that fights infection and removes excess fluid. Chyle fluid has nutrients like protein, fat, electrolytes and white blood cells.

A chyle leak happens when there is damage to a part of the system called a lymphatic duct. This might be caused by surgery, injury or other disease conditions. When chyle fluid leaks into the chest or tummy (abdominal cavity), this loss of fluid can cause wounds to not heal as well, electrolyte disturbance, malnutrition and problems with the immune system.

How does my diet help?

This diet will help lower the amount of chyle made. This lets the lymph system to heal. It lower the risk of more leaks. This leaflet will go through what foods you can eat and what to avoid.

The normal fats we have in our diet are called long chain triglycerides (LCT). By severely restricting this fat, it will reduce the amount of chyle fluid made.

Lower normal fat in diet = Lower chyle fluid production

Medium chain triglycerides (MCT) oil is absorbed differently into our system. This lets lymph vessels heal. It will be introduced into the diet to increase flavour and calories in your diet. This aims to keep your LCT fat intake as low as possible whilst making sure you eat enough to maintain your weight.

How long do I need to follow the diet?

Your consultant will let you know how long you will need to be on this diet. The end date of the diet is written on the last page of this information leaflet.

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	Foods you can eat	Foods to avoid
Dairy products	<ul style="list-style-type: none"> • Skimmed milk (red label) • Very low fat*/ Fat free soft cheese • Very low fat*/ Fat free yogurt • Very low fat cottage cheese/ fromage frais • Very low fat*/ Fat free ice-cream • Meritene shake or Nesquik (avoid chocolate flavour) • Skimmed milk powder or fat free protein powder <p>Please speak to your Dietitian if you would like a dairy free alternative. *Aim for less than 0.5g fat per serving</p>	<ul style="list-style-type: none"> • Whole milk (blue label) • Semi skimmed milk (green label) • Condensed and evaporated milk • Single, double or clotted cream • Full fat and low fat yogurt • Full fat ice-cream • All hard cheeses • Regular cottage cheese
Egg and seafood	<ul style="list-style-type: none"> • Egg white, BakeRite egg replacer • White Fish (without skin) e.g. haddock, sole, plaice, cod • All shellfish • Tinned tuna (in brine or spring water only), seafood sticks 	<ul style="list-style-type: none"> • Egg yolk • Oily fish like salmon, sardine, mackerel, kipper, herring • Any tinned fish in oil • Fish or shellfish in breadcrumbs or batter like fish fingers, scampi
Meat	<ul style="list-style-type: none"> • Lean cut meat without skin and visible fat like chicken and turkey breast • Lean/thin cut ham, chicken and turkey slices • Very low fat minced meat (like 2% turkey mince) 	<ul style="list-style-type: none"> • Any other meats • Animal skin and organs • Any processed meat like salami, spam, corned beef, Pâté, sausages, chicken nuggets, meat pies
Meat substitutes	<ul style="list-style-type: none"> • Quorn • Seitan 	<ul style="list-style-type: none"> • Tofu • Tempeh
Beans and pulses	<ul style="list-style-type: none"> • Most beans like baked beans, red or white kidney beans, black eye beans • Peas like split peas • All lentils/pulses 	<ul style="list-style-type: none"> • Soy bean • Edamame beans • Chick peas
Nuts and oil	<ul style="list-style-type: none"> • Medium chain triglyceride (MCT) oil from hospital 	<ul style="list-style-type: none"> • All nuts, nut based food (peanut butter, hazelnut spread) • All seeds, seed based food (tahini) • All other fats and oil
Fruit and vegetable	<ul style="list-style-type: none"> • Most fresh, frozen, tinned and dried fruit • Most fresh, frozen and tinned vegetables 	<ul style="list-style-type: none"> • Avocado, coconut • Olives • Coleslaw, potato salad • Tinned or bottled vegetables in oil

	Foods you can eat	Foods to avoid
Cereal and bread	<ul style="list-style-type: none"> • Plain cereal (Cornflakes, Frosties, Sugar Puffs, Special K, Cocopops, Rice Krispies, Weetabix) • Plain bread (for example Hovis soft white, Roberts soft white. Warburton/Hovis wholemeal) • Chapatti and naan made with MCT oil • Plain flour, rice, rye, cornflour 	<ul style="list-style-type: none"> • All Bran, bran flakes, muesli, granola, Readybrek, oats • Cereals containing chocolate, nuts and seeds • Bread containing nuts, seeds and cheese • Naan bread, chapatti, focaccia not made with MCT oil • Any pastry, bread rolls, Soya flour, semolina
Potato	<ul style="list-style-type: none"> • Boiled, steamed, baked in skins, mashed (with skimmed milk or MCT oil) 	<ul style="list-style-type: none"> • Homemade potato with normal oil/fat • Processed potato for example frozen oven chips, potato waffles, croquette • Potato crisps, cheese puffs
Pasta and noodles	<ul style="list-style-type: none"> • Plain rice (white or brown), rice noodles • Plain boiled or tinned pasta hoops 	<ul style="list-style-type: none"> • Fried rice, egg noodles • Pasta in creamy or white sauce e.g. mac and cheese, carbonara, mascarpone sauce • Pasta based ready meals
Savoury Snacks	<ul style="list-style-type: none"> • Matzo, ice-cream wafers • Crispbread, Ryvita (seedless) 	<ul style="list-style-type: none"> • Samosa, pakora or bhajis not made with MCT oil • Breadsticks • Indian snacks (Chakri, Balti mix)
Sweets	<ul style="list-style-type: none"> • Jellied sweets, liquorice, boiled sweets and mints, marshmallow, chewing gum, Turkish delight • Plain meringues, plain rice cake (not chocolate or yogurt coated) 	<ul style="list-style-type: none"> • Scottish tablet, toffee, fudge, chocolate, butter mints • Most cakes, biscuits and cookies
Desserts	<ul style="list-style-type: none"> • Jelly, sorbet, ice lollies • Rice pudding, sago and tapioca made with skimmed milk 	<ul style="list-style-type: none"> • Dairy puddings made with semi-skimmed or full fat milk for example ice cream • Trifle, cakes, sponge puddings, mouse, brownies, fruit crumble, gateaux • Ordinary or instant custard
Sauces and other	<ul style="list-style-type: none"> • Tomato ketchup, vinegar, brown, soy, oyster and barbeque sauce • Fat free dressing for example fat free mayonnaise, stock cube, gravy granules • All herbs and spices • Sugar, syrup, honey, jam, marmalade, chutney, treacle, piccalilli • Marmite, Oxo, Bovril 	<ul style="list-style-type: none"> • Salad cream, Dijon mustard, mayonnaise, pesto sauce, vinaigrette • Pre-made tomato sauce and gravies • Creamy soup • Guacamole, hummus, tahini • Fruit curd, chocolate spread
Drinks	<ul style="list-style-type: none"> • Fizzy drinks, squash, cordial, fruit juice, herbal teas • Tea and coffee made with skimmed milk • Milkshakes flavourings 	<ul style="list-style-type: none"> • Instant chocolate drinks, Horlicks, Ovaltine, Milo, malt drinks • Full fat milk shakes, full fat Lassi, Kefir • Irish cream, cream liqueurs

Checking food labels

It is suggested you do not exceed **10 grams fat per day** whilst on this diet.

Try to choose food items that are labeled '**fat free**'.

Always read nutrition labels at the back of the product to check the level of fat content in a food item by looking at the **total fat for a serving/ or portion**.

'**Fat free**' will be labeled when there is **less than 0.5g fat content per serving/portion of food item**.

Example of a nutrition label illustrating **fat free cottage cheese**:

Typical values	100g contains	Per quarter pot (75g)
Energy	58 Kcals	43 Kcals
Fat	0.2g	0.1g



You would be able to eat this fat free cheese freely as part of this diet.

Example of a nutrition label illustrating **high fat hard cheese**:

Typical values	100g contains	Per 30g serving
Energy	416 kcals	125g
Fat	35g	11g



You would not be able to eat this hard cheese as part of this diet unless the portion size was smaller and the total fat eaten in the whole day does not go over 10g.

Example of a nutritional label illustrating **a portion of fish (plain cod)**:

Typical values	100g contains	Per 140g serving
Energy	80kcals	112kcals
Fat	0.9g	1.3g



This fish could be eaten as part of this diet as long as the total fat eaten in the whole day does not go over 10g.

Meal Ideas:

Breakfast:	Plain cereal with skimmed milk or plain toast (2 slices) with jam or syrup and tea/coffee with skimmed milk or herbal tea
Mid-morning snack:	Plain fruit with fat free yogurt and Meritene shake (if needed and made with water)
Lunch:	Sandwich (2 slices of plain bread, choice of salad, slices of lean ham and fat free mayonnaise/dressing) OR egg white omelette with spinach and tomatoes OR jacket potato with baked beans and salad (without an oily dressing) Homemade skimmed milk rice pudding and piece of fruit or jelly with fruit.
Mid-afternoon snack:	Plain rice cake with fat free cottage cheese and cherry tomatoes OR tinned fruit in natural juice with fat free plain yoghurt
Evening meal:	Chicken breast / Quorn chow mein (stir fry vegetable pack) with MCT oil and soy sauce OR Greek style roast fish (skinless cod baked in chopped tomato, onion, garlic, mixed herbs) and mashed potato made with skimmed milk OR chilli con carne made with 2% turkey mince OR vegetable/lentil curry made with MCT oil + plain rice and/or naan bread/ chappati made with MCT oil.
Supper	Plain rice cake with sliced pear, honey and cinnamon OR sorbet with ice-cream wafers



Instructions when using MCT oil

We will give you a 500ml bottle of MCT oil on discharge. This can be used in meal preparation and cooking at home. Please see the recipe book given to you for more ideas.

MCT oil has a lower smoking/ flash point than other cooking oils. It is important not to overheat it. It is more flammable than cooking oil and may produce a bitter taste. Do not leave it unattended when cooking.

Store in closed containers, protected from light and in a cool place at 4°C to 25°C. Once opened, replace the container lid and use within 1 month. Always close the container lid after use.

Nutritional supplements

Your Dietitian may advise taking some other nutritional supplements by mouth (oral) to avoid weight loss. These supplements will be either low in fat or may contain MCT oil like Liquigen. Liquigen is available in a liquid form that can be added to milk based drinks, or can be taken alone in small amounts as a medicine. Please see recipe book for more ideas on how to add Liquigen into your diet.

Your Dietitian may also advise taking vitamin and mineral supplements, and essential fatty acid supplements. For example, like 1 teaspoon a day of sunflower oil/walnut oil/ flaxseed oil, if you are on this diet for a long time. **Do not use supplements containing omega 3 and 6 fats.**

Start date of diet:

End date of diet:

Dietitian name:

Dietitian contact details:

Consultant name:

Ward contact details:

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
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