

**GUIDELINES
FOR LOW-CHOLESTEROL,
LOW-TRIGLYCERIDE DIETS
FOODS TO AVOID**

MEATS, FISH

Avoid: Marbled beef, duck and goose, (remove the skin from poultry): processed meats: luncheon meats, (salami, bologna): frankfurters and fast-food hamburgers, (they are loaded with fat): organ meats, (kidneys, liver): and canned fish packed in oil.

EGGS

Limit egg, (yolks) to 4 per week, including those used in cooking.

FRUITS

Avoid coconuts, which are rich in saturated fats.

VEGETABLES

Eat avocados and olives sparingly, (the allowed dietary intake is so small, it may be better to avoid them). Starchy vegetables, (potatoes, corn, lima beans, dried peas and beans) may be used as substitutes for a serving of bread or cereal.

BEANS

Avoid commercially baked beans with sugar and or pork added.

NUTS

Eat peanuts and walnuts sparingly. Limit all nuts as they are high in calories.

BREADS/GRAINS

Avoid any baked goods with shortening and or sugar, as well as commercial mixes with dried eggs and whole milk, yogurts and cheese and non-dairy cream substitutes.

FATS, OILS

Avoid butter, lard, animal fats, bacon drippings, gravies, cream sauces, palm and coconut oils. All of these are very high in saturated fats. Examine labels on "cholesterol-free" products for "hydrogenated-fats". These are oils that have been hardened into solids and in the process become saturated. Margarine is one example.

DESSERTS, SNACKS

Avoid fried snack foods, (such as potato chips), chocolate candies, jams, jellies, syrups and hydrogenated peanut butter.

BEVERAGES

Avoid sugared fruit juices, soft drinks and cocoa made with whole milk and or sugar. When using alcohol, (1 oz liquor, 5 oz beer or 2.5 oz dry table wine per serving), 1 serving must be substituted for bread or cereal serving. Limit alcohol to 2 servings per day

SPECIAL NOTES

1. Use all foods in moderation.
2. Read labels carefully- sometimes they can be misleading.
3. While on a triglyceride-lowering diet, be sure to avoid sweets and control the amount of simple and complex carbohydrates you eat, (candies, sweets and starchy foods, such as flour, bread and potatoes).
4. Buy a good low-fat cookbook, such as the one published by the American Heart Association.
5. Consult your physician if you have any questions.

GUIDELINES FOR LOW-CHOLESTEROL, LOW-TRIGLYCERIDE DIETS FOODS TO USE

MEATS, FISH

Meats: Choose lean meats, (chicken, turkey, lamb, veal and nonfatty cuts of beef). Make sure to trim all visible fat from meat before cooking and remove the skin from poultry. Fish: Choose fresh or frozen fish, canned fish packed in water and shellfish, (lobster and shrimp should be limited to 2X per week; other shellfish can be eaten 3X or more). Meats and fish should be broiled, (pan or oven) or baked on a rack. Red meat is okay to eat as long as it is lean. For most people, 6 oz of poultry, fish or lean meat is plenty.

EGGS

Use egg substitutes and egg whites freely. Limit the use of egg yolks to a maximum of 4 per week, including those used in cooking.

FRUITS

Eat fresh fruits everyday. Be sure to have at least 1 citrus fruit daily. Frozen or canned fruit with no added sugar or syrup may also be used.

VEGETABLES

Eat most vegetables freely, (see exceptions on reverse side). One dark green, (string beans, spinach) or 1 deep yellow, (squash) is recommended daily, (corn, lima beans, etc. should be eaten sparingly since they are regarded as breads because of their fiber content. (Fiber is associated with cholesterol reduction). Avocados and olives are high in monounsaturated fat and calories. Eat them sparingly. The healthiest way to prepare vegetables is to steam them, but boiling, straining and braising with polyunsaturated or monounsaturated oils are other alternatives.

BREADS

Use whole-grain or enriched breads. Crackers and melba toast may also be used as bread substitutes, as may pasta, rice or corn.

BEANS

Dried peas or beans may be used as a bread substitute.

NUTS

Nuts are high in fat and calories, although most of the fat is unsaturated and there is no cholesterol. Because most are unlikely to raise cholesterol, nuts are a good protein alternative to meat. Almonds, walnuts and peanuts maybe used sparingly, (1 tablespoon), mainly for caloric reasons.

CEREALS

Choose cereals, (such as oatmeal) that are high in fiber and oat bran. Stay away from pre-sweetened cereals or cereals that list sugar as a major ingredient. Read labels.

DAIRY PRODUCTS

Choose skim milk or 99% fat-free milk. Also, buy low-fat cheese, such as farmer's cheese, part skim mozzarella, ricotta or low-fat cottage cheese. Use only low-fat yogurt- some yogurts are very high in grams of fat.

FATS, OILS

Use vegetable oils that are high in polyunsaturated fats, (such as safflower, sunflower, soybean, corn and cottonseed). Canola and olive oils are also very good choices. Very small amounts of margarine may be used, but read labels- margarine is hydrogenated and offsets the benefit of using unsaturated oils.

DESERTS, SNACKS

Limit snacking. Low-fat snacks include: ice-milk, sherbet, un-flavored gelatin or gelatin flavored with a sugar substitute, pudding, made with skim milk, egg-whites, souffles or air-popped popcorn.

BEVERAGES

Choose fresh fruit juices, (approximately 4 oz per day), black coffee, plain or herbal teas, sugar-free soft drinks, club soda, seltzer, (salt-free), or cocoa made with skim milk.

ALCOHOL: Limit to 2 servings per day, (see reverse side for serving information).

MISCELLANEOUS Use the following freely: vinegar, spices, herbs, non-fat bouillon and mustard.

SEE REVERSE SIDE FOR FOODS TO AVOID