

GUIDELINES

FOR LOW-CHOLESTEROL,
LOW-TRIGLYCERIDE DIETS

FOODS TO USE

MEATS, FISH	<p>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 2 x per week; other shellfish can be eaten 3 x or more). <i>Meats and fish should be broiled (pan or oven) or baked on a rack. Red meat is okay to eat as long as it's lean. For most people, 6 oz of poultry, fish, or lean meat is plenty.</i></p>
EGGS	Use egg substitutes and egg whites freely. Limit the use of egg yolks to a <i>maximum</i> of 4 per week, including those used in cooking.
FRUITS	Eat fresh fruit every day. 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 starch content). Cauliflower, broccoli, celery, and potato skins are recommended for their fiber content. (Fiber is associated with cholesterol reduction.) Avocados and olives are high in monounsaturated fat and calories. Eat them sparingly. <i>The healthiest way to prepare vegetables is to steam them, but boiling, straining, and braising with polyunsaturated or monounsaturated oil are other alternatives.</i>
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's no cholesterol. Because most are unlikely to raise cholesterol, nuts are a good protein alternative to meat. Almonds, walnuts, and peanuts may be 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 presweetened cereals or cereals that list sugar as a major ingredient. <i>Read labels.</i>
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 oil are also very good choices. Very small amounts of margarine may be used but <i>read labels</i> —margarine is hydrogenated and offsets the benefit of using unsaturated oils.
DESSERTS, SNACKS	Limit snacking. Low-fat snacks include: ice-milk, sherbet, unflavored gelatin or gelatin flavored with a sugar substitute, pudding made with skim milk, egg-white 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 or 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, nonfat bouillon, and mustard.

SEE REVERSE SIDE FOR FOODS TO AVOID

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FOODS TO AVOID

MEATS, FISH	<i>Avoid:</i> Marbled beef, duck, and goose (remove the skin from poultry); processed meats; luncheon meats (salami, bologna); frankfurters and fast-food hamburgers (they're loaded with fat); organ meats (kidneys, liver); and canned fish packed in oil.
EGGS	Limit eggs (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, 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. Avoid sweet rolls, doughnuts, breakfast pastries (Danish), and sweetened packaged cereals.
MILK PRODUCTS	Avoid whole milk and whole-milk packaged goods, cream, ice cream, puddings made with whole milk, whole-milk yogurts and cheeses, and nondairy cream substitutes.
FATS, OILS	Avoid butter, lard, animal fats, bacon drippings, gravies, cream sauces, and 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 and 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 1 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.*

SEE REVERSE SIDE FOR FOODS TO USE