

Diet Description And General Guidelines

1. Eat less than 30% of your total daily calories from fat.
2. **Step One:** Less than 10% of total calories should come from saturated fat.
Step Two: Less than 7% of total calories should come from saturated fat.
3. No more than 10% of total calories should come from poly-unsaturated fat.
4. 10-15% of total calories should come from monounsaturated fat.
5. **Step One:** Eat less than 300 mg of cholesterol each day.
Step Two: Eat less than 200 mg of cholesterol each day.
6. Choose 50-60% of total daily calories from foods high in complex carbohydrates (starch and fiber).
7. Choose 10-20% of total daily calories from protein foods (lean meat and low fat dairy products).
8. Adjust daily caloric intake to achieve and maintain a desirable body weight.

Approximate composition of low residue diet if suggested meal pattern is followed:

<i>Protein</i>	<i>Fat</i>	<i>CHO (Carbohydrates)</i>	<i>Na (Sodium)</i>	<i>Calories</i>	<i>Saturated Fat</i>	<i>Polyunsaturated Fat</i>	<i>Cholesterol</i>
110 gms.	65 gms.	276 gms.	3540 mgs.	2150	14 gms.	11 gms.	165 mgs.

Nutritional Adequacy

This diet is nutritionally adequate as recommended by the National Research Council Recommended Dietary Allowances.

SAMPLE MENU TWO-STEP DIET

Breakfast	<ul style="list-style-type: none"> ½ cup grapefruit juice ¾ cup dry cereal with ½ banana ¼ cup egg substitute 2 slices whole wheat toast 2 teaspoons margarine 1 Tablespoon jelly 1 cup skim milk
Lunch	<ul style="list-style-type: none"> 1 cup vegetable beef soup 2 ounces lean hamburger patty 1 ounce low fat cheese 1 hamburger bun Lettuce, tomato, dill pickle, onion ½ cup fresh fruit salad 1 oatmeal cookie 1 cup skim milk
Dinner	<ul style="list-style-type: none"> ½ cup tomato juice 3 ounces broiled chicken breast ½ cup herbed brown rice 2 broccoli spears 1 hard dinner roll 1 teaspoon margarine ½ cup carrot / raisin salad ½ cup frozen strawberry yogurt 1 cup skim milk

LOW SATURATED FAT, LOW CHOLESTEROL DIET, FOODS ALLOWED / NOT ALLOWED		
Items / Amounts	Foods Allowed	Foods Not Allowed
<p>Meat, Poultry, Fish and Alternatives: Limit to 6 ounces per day. Choose lean cuts such as “choice” or “good” grades, trim visible fat, cook by lowfat methods such as bake, broil, roast, grill, stew, sauté or boil. Recommended: 2-3 seafood meals per week. Avoid: Any in excess of 6 ounces. Avoid high fat, heavily marbled cuts and “prime” grades. Avoid fried or processed meats prepared with added fat, gravy or sauce. Eggs: Step One: Limit whole eggs and egg yolks to 3 per week, including those used in cooking Eggs: Step Two: Omit all egg yolks and whole eggs</p>	<p>Beef: chuck, flank, loin, round, or sirloin steaks and roasts; rump roast; 80% lean ground chuck or ground round; chipped beef.</p>	<p>Beef: corned beef, regular ground beef or hamburger, ribs, rib roast, club and rib steaks.</p>
	<p>Fish & shellfish: Fresh, frozen or waterpacked canned including clams, crab, lobster, oysters, scallops, shrimp (all unbreaded).</p>	<p>Fish: roe, caviar, fish canned in oil.</p>
	<p>Lamb: arm, leg, loin, ribcuts.</p>	
	<p>Lunch Meat: 95-98% fat free varieties</p>	<p>Lunch Meat: regular cold cuts and luncheon meat, all frankfurters (including chicken and turkey franks).</p>
	<p>Organ Meats: none.</p>	<p>Organ Meats: liver, kidney, heart, sweetbreads, brain.</p>
	<p>Pork: Canadian bacon, ham, leg loin-chops or roast, shoulder (arm or picnic), tenderloin, Boston butt.</p>	<p>Pork: spareribs, blade roll, bacon, sausage, deviled ham.</p>
	<p>Poultry: chicken, Cornish hen or turkey, white or dark meat without skin.</p>	<p>Poultry: duck, goose, capon, gizzards, giblets, poultry skin.</p>
	<p>Veal: all trimmed cuts except ground.</p>	<p>Veal: ground</p>
	<p>Wild Game: froglegs, rabbit, squirrel, venison.</p>	
	<p>Cheese: Special low fat low cholesterol cheeses (labeled no more than 2 to 6 grams fat/ounce); American cheese food and spread; part-skim Swiss, mozzarella, provolone, brick or muenster (limit to 1 ounce per week). Part skim baker’s, farmer’s, hoop or pot; dry curd or low-fat cottage cheese; part skim ricotta; soy bean curd (tofu).</p>	<p>Cheese: regular whole milk or hard cheeses such as American, cheddar, Colby, feta, brie, Edam, etc.; cream cheese, Neufchatel; regular creamed cottage cheese.</p>
	<p>Eggs: See items/amounts for whole eggs and egg yolks. Use as desired: egg whites (2 whites = 1 whole egg), cholesterol-free egg substitutes (¼ cup = whole egg).</p>	<p>Eggs: yolks in excess of allowed amounts.</p>
	<p>Legumes: dried beans, peas, and lentils including black-eye peas, chick peas (garbanzos), cowpeas, cranberry beans, kidneys, limas, navy, northern, pinto, soy, split pea and white beans.</p>	<p>Legumes: commercial pork and beans, beans cooked with fat meat</p>

LOW SATURATED FAT, LOW CHOLESTEROL DIET, FOODS ALLOWED / NOT ALLOWED		
Items / Amounts	Foods Allowed	Foods Not Allowed
<i>Milk & Dairy Products</i> <i>2 or more cups per day</i>	Skim milk, ½% milk, 1% milk, evaporated skim milk, nonfat dry milk powder. Buttermilk made from skim milk, non-fat dry buttermilk powder. Nonfat or low fat yogurt.	2% or 4% or whole milk, canned evaporated whole milk, sweetened condensed milk, powdered whole milk, chocolate milk, chocolate drinks, malted milk, milkshakes, eggnog, whole-milk buttermilk, cream, half & half, most nondairy creamers (contain palm and coconut oils), sour cream, whipping cream, nondairy whipped topping, whole milk or custard-style yogurt.
<i>Fats & Oils</i> <i>Limit to 6-8 teaspoons per day</i>	Unsaturated liquid vegetable oils: rapeseed (canola oil), safflower, sunflower, corn, olive, sesame, soybean, peanut, cotton seed.	Solid fats and hydrogenated shortenings, coconut oil, palm oil, palm kernel oil, cocoa butter.
	Margarine: liquid, tub, stick or diet which lists one of the above <i>liquid</i> vegetable oils as the <i>first</i> ingredient on the label.	Butter, partially or completely hydrogenated (hardened) margarines. Meat fat, lard, salt pork, bacon grease, cracklins, beef tallow.
	Mayonnaise, mayonnaise-type salad dressing, tartar sauce. Regular and reduced-calorie salad dressings except those made with sour cream or cheese.	Salad dressings made with cream, sour cream, cheese or other not-allowed ingredients.
	Non-stick vegetable pan sprays.	
	Homemade gravy and sauce made with allowed ingredients.	Commercial gravy, white and cheese sauce and mixes.
	Peanut butter, nuts and seeds except those listed as not allowed.	Macadamia nuts, Brazil nuts, coconut.
	Avocados and olives.	
<i>Soups</i>	Use as desired: fat free broth, bouillon, consommé, fat free vegetable or broth soups, homemade soups with skim milk, allowed fat and meats, packaged dehydrated soups.	Cream soups and chowders, those made with not-allowed ingredients.

LOW SATURATED FAT, LOW CHOLESTEROL DIET, FOODS ALLOWED / NOT ALLOWED		
Items / Amounts	Foods Allowed	Foods Not Allowed
<p>Breads, Cereals & Starches</p> <p><i>6 or more servings per day, dependent on the need for weight control. High fiber whole grain breads and cereals are encouraged.</i></p>	<p>Loaf breads: white, whole wheat, oat bran, pumpernickel, raisin, rye, French, Italian, English muffins, bagels, pita bread, rice cakes, tortillas, hard rolls, dinner rolls, hamburger or hotdog buns.</p>	<p>Egg or cheese breads, croissant, butter rolls, sweet rolls, doughnuts, danish pastry, fritters.</p>
	<p>Crackers: saltines, soda crackers, graham crackers, breadsticks, matzo, melba toast, zwieback, rusk, rye krisp, pretzels, unbuttered popcorn.</p>	<p>Most snack crackers, cheese crackers, butter crackers.</p>
	<p>Popcorn: unbuttered.</p>	<p>Commercial or buttered popcorn. Fried snack chips such as potato chips and corn chips.</p>
	<p>Homemade quick breads, biscuits, muffins, cornbread, pancakes, waffles, French toast (<i>made with allowed ingredients, i.e. skim milk or buttermilk, egg whites or egg substitutes and unsaturated liquid vegetable oil</i>).</p>	<p>Canned, frozen, or mixes for biscuits, pancakes, waffles, traditionally prepared French toast.</p>
	<p>Hot cereals, most ready-to-eat Cold cereals. Grits, hominy, cornmeal, flour, barley, wheat germ, bran (oat or wheat).</p>	<p>Cereals containing coconut or chocolate; granola-type cereals made with saturated fats.</p>
	<p>Rice, noodles, macaroni, spaghetti, other pasta, dumplings.</p>	<p>Egg noodles; chow mein noodles, rice and pasta prepared with added fat, cream, cheese, or sauce.</p>
<p>Fruits</p> <p><i>2 or more servings per day</i></p>	<p>High fiber raw fruits are encouraged. Any fresh, frozen, canned or dried fruit or juice.</p>	<p>If prepared, must use allowed ingredients. Coconut.</p>
<p>Vegetables</p> <p><i>3 or more servings per day</i></p>	<p>High fiber raw vegetables are encouraged. Any fresh, frozen, canned or dried vegetable or juice except those listed as not allowed.</p>	<p>Buttered, au gratin, creamed or fried unless prepared with allowed ingredients. French fried potatoes.</p>
<p>Miscellaneous & Seasonings</p>	<p>Use as directed: salt, pepper, herbs, spices, vinegar, vanilla, lemon juice, butter flavored sprinkles, butter flavoring, cocoa powder, carob, chocolate extract, coconut flavoring, other flavoring extracts; mustard; catsup; barbeque, steak, sweet and sour, Worcestershire, and soy sauces; pickles and other relishes.</p>	<p>Chocolate and butterscotch sauces, baking chocolate.</p>

LOW SATURATED FAT, LOW CHOLESTEROL DIET, FOODS ALLOWED / NOT ALLOWED		
Items / Amounts	Foods Allowed	Foods Not Allowed
<i>Desserts & Sweets</i> <i>Use according to calorie requirements</i>	Low-in-fat frozen desserts such as sherbet, sorbet, Italian ice, frozen yogurt, Popsicle, Fudgesicle. Waffle-type and sugar cones.	Ice cream, soft serve ice cream, ice milk, frozen custard.
	Puddings, custards and cream-type fillings (<i>made with skim milk and allowed ingredients</i>)	Most commercial mixes and ready-to-eat puddings.
	Gelatin, fruit whips, fruit cobblers.	
	Angel food cake, vanilla wafers, animal crackers, fig bars, gingersnaps, meringue. Other homemade cakes, frostings, cookies, pies and pastries (<i>if made with allowed ingredients</i>).	Most commercial cakes and cake mixes, cookies, pies, pastries. Chiffon cake, sponge cake, ladyfingers, pound cake, regular buttercream frosting, desserts made with butter, eggs, chocolate, cream and other not-allowed ingredients.
	Sugar, honey, jaam, jelly, marmalade, preserves, molasses, syrup.	
	Pure sugar candy such as hard candy, gumdrops, jelly beans, stick candy, suckers, plain mints, marshmallows, marshmallow creme, fondant.	Candy made with chocolate, butter, coconut, and other not-allowed ingredients.
<i>Beverages</i> <i>Use as desired</i>	Coffee, tea, carbonated beverages, hot chocolate made with skim milk and cocoa powder, fruit or vegetable juice, fruit flavored drink, alcohol in moderation with doctor's approval only.	Most nondairy coffee creamers, ice cream soda floats, commercial chocolate drinks, coconut drinks and mixes, milkshakes, eggnog.