

GUIDELINES: FOODS TO USE
For Low-Cholesterol
Low-Triglyceride Diets

MEATS, FISH	Choose lean meats (chicken, turkey, veal, and non fatty cuts of beef with excess fat trimmed). (One serving = 3 oz. of cooked meat) Also, fresh or frozen fish and canned fish packed in water. Meats and fish should be broiled (pan or oven) or baked on a rack.
EGGS	Egg whites (use freely) . Egg yolks (limit three per week).
FRUITS	Eat three servings of fresh fruit per day (1 serving = 1/2 cup). Be sure to have at least one citrus fruit daily. Frozen or canned fruit with no sugar or syrup added may be used.
VEGETABLES	Most vegetables are not limited (see reverse side). One dark-green (string beans, escarole) or one deep-yellow (squash) vegetable is recommended daily. Vegetables may be boiled, steamed, strained, or braised with polyunsaturated vegetable oil (see below).
BEANS	Dried peas or beans (1 serving = 1/2 cup) may be used as a bread substitute
NUTS	Pecans, walnuts, and peanuts may be use sparingly. 1 serving = 1 tablespoonful.
BREADS & GRAINS	One roll or one slice of whole-grain or enriched bread may be used or three soda crackers or four pieces off melba toast as a substitute. Spaghetti, rice, or noodles (1/2 cup) or 1/2 large ear of corn may be used as a bread substitute. In preparing these foods, do not use butter or shortening; use soft margarine. Also use egg and sugar substitute.
CEREALS	Use 1/2 cup of hot cereal or 3/4 cup of cold cereal per day. Add a sugar substitute if desired.
MILK PRODUCTS	Always use skim milk or skim milk products such as low-fat cheeses (farmer's, uncreamed cottage, mozzarella), low-fat yogurt, and powered skim milk
FATS, OILS	Soft margarine and polyunsaturated vegetable oils derived from safflower, soybean, sunflower, corn, or sesame seeds.
DESSERTS, SNACKS	Limit to two servings per day; substitute each serving for a bread/cereal serving; ice milk, water sherbert (1/4 cup); unflavored gelatin or gelatin flavored with sugar substitute (1/3 cup); pudding prepared with skim milk (1/2 cup); egg white souffles; unbuttered popcorn 1 1/2 cups).
BEVERAGES	Fresh fruit juices (limit 4 oz. per day); black coffee, plain or herbal teas; soft drinks with sugar substitutes; club soda, preferably salt-free; cocoa made with skim milk or nonfat dried milk and water (sugar substitute added if desired); clear both. Alcohol: limit two servings per day (see reverse side).
MISCELLANEOUS	You may use the following freely: Vinegar, spices, herbs, nonfat bouillon, mustard, Worcestershire sauce, soy sauce, flavoring essence.

GUIDELINES: FOODS TO AVOID
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MEATS, FISH	Pork, bacon, sausage, and other pork products; fatty fowl (duck, goose); skin and fat of turkey and chicken; processed meats; luncheon meats (salami, bologna); frankfurters and fast-food hamburgers (they're loaded with fat); organ meats (kidneys, liver); canned fish packed in oil. Shellfish (lobster, shrimp, crab, oysters) should be used sparingly.
EGGS	Limit egg yolks to three per week.
FRUITS	Coconuts.
VEGETABLES	Avoid avocados and olives. Starchy vegetables (potatoes, corn, lima beans, dried peas, beans) may be used <i>only</i> if substituted for a serving of bread or cereal.
BEANS	Commercial baked beans with sugar and/or pork.
NUTS	Avoid nuts. Limit pecans, walnuts, and peanuts to one tablespoonful per day.
BREADS & GRAINS	Any baked goods with shortening and/or sugar. Commercial mixes with dried eggs and whole milk. Avoid sweet rolls, doughnuts, and breakfast pastries (Danish).
MILK PRODUCTS	Whole milk and whole-milk packaged goods; cream; ice cream; whole milk puddings, yogurt, or cheeses; non dairy cream substitutes.
FATS, OILS	Butter, saturated fats (coconut oil) lard, solid margarine, commercial salad dressings, gravies, bacon drippings, cream sauces.
DESSERTS, SNACKS	Fried snack foods like potato chips; chocolate; candies in general; jams, jellies, syrups; whole milk puddings; ice cream and milk sherberts. Hydrogenated peanut butter.
BEVERAGES	Sugared fruit juices and soft drinks; cocoa made with whole milk and or sugar. When using alcohol (1 oz. liquor, 5 oz. beer, or 2 1/2 oz. dry table wine per serving), one serving must be substituted for one bread or cereal serving (limit, two servings of alcohol per day).

SPECIAL NOTES:

1) Remember that even non limited foods should be used in moderation. 2) While on cholesterol-lowering diet, be sure to avoid animal fats and marbled meats. 3) While on triglyceride-lowering diet, be sure to avoid sweets and to control the amount of carbohydrates you eat (starchy foods such as flour, bread, potatoes). 4) Consult your physician if you have any questions.