

GUIDELINES
FOR LOW-CHOLESTEROL
LOW-TRIGLCEIDE DIETS
FOODS TO USE

- MEATS, FISH** Choose lean meats (chicken, turkey, veal, and nonfatty 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 per week).
- FRUIT** Eat three servings of fresh fruit per day (1 serving = ½ 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 = ½ cup) may be used as a bread substitute.
- NUTS** Pecans, walnuts, and peanuts may be used 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 of melba toast as a substitute. Spaghetti, rice, or noodles (1/2 cup) or ½ 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 substitutes.
- CEREALS** Use ½ cup of hot cereal or ¾ 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 powdered 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 sherbet (1/4 cup); unflavored gelatin or gelatin flavored with sugar substitute (1/3 cup); pudding prepared with skim milk (1/2 cup); egg white soufflés, unbuttered popcorn (1 ½ 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 broth. 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, soy sauce, flavoring essence.

SEE REVERSE SIDE FOR FOODS TO AVOID

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FOODS TO AVOID

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 only 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 mixed 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; nondairy cream substitutes
FATS, OILS	Butter, saturated fats (olive, peanut, and 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 sherbets. 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 ½ 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 nonlimited 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 you physician if you have any questions.