

Guidelines for Low Cholesterol and Low Triglyceride Diets

Foods to Limit:

Meat	Pork, bacon, sausage, duck, goose, organ meats (kidneys, liver) and processed meats like salami, bologna and frankfurters should be used sparingly. Skin the fat from turkey and chicken. Trim all fat from beef and pork.
Eggs	Limit egg yolks to 3 per week
Fruits	Coconut
Beans	Commercial baked beans with sugar and/or pork added
Nuts	Limit nuts to one tablespoonful per day. Limit hydrogenated peanut butter.
Breads, Grains	Limit 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, half and half, ice cream, whole milk pudding, whole milk yogurt, or cheeses, nondairy cream substitutes.
Fats, Oils	Butter, saturated fats like coconut oil, lard, solid “cube” margarine, commercial salad dressings, gravies, bacon drippings, and 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.
Beverages	Sugared juice drinks and soft drinks; cocoa made with whole milk and or sugar. Limit alcohol to 2 servings per day: 1 oz. of liquor, 5 oz. beer, or 2 ½ oz. of dry table wine.
Special Notes:	<ol style="list-style-type: none"> 1. While on a diet to lower cholesterol, be sure to limit animal fats and marbled meats. 2. While on diet to lower triglyceride, be sure to limit sweets. 3. Consult with your physician or dietitian if you have any questions.

SEE REVERSE SIDE FOR FOODS TO USE

FOODS TO LIMIT

Guidelines for Low Cholesterol and Low Triglyceride Diets

Foods to Eat:

Meat	Choose lean meats (chicken, turkey, veal , round and loin cuts of beef and pork) and fresh or frozen fish. Trim fat from beef and pork and skin fat from poultry. Meats and fish should be broiled or baked on a rack so the fat drains away from the meat. One serving of meat is equal to 3 oz. (cooked).
Eggs	Egg whites (use freely). Limit Egg yolks to 3 per week.
Fruits	Eat 3 servings of fresh fruit per day. (One serving = ½ cup). Be sure to have a least one citrus fruit daily. Frozen or canned fruits with no sugar or syrup added may be used.
Vegetables	Most vegetables are not limited. One dark-green or one deep yellow vegetable is recommended daily.
Beans	Dried peas or beans (1 serving = ½ cup)
Breads, Grains, Cereals	Choose whole grain breads, pastas, cereals and brown rice when available. In preparing these foods, do not use butter or shortening; use soft margarine. Use egg and sugar substitute if desired.
Milk Products	Always use skim milk or 1% milk products such as low-fat cheese, cottage cheese, mozzarella cheese and low-fat yogurts.
Fats, Oils	Soft margarine and monounsaturated and polyunsaturated vegetable oils like olive, canola, safflower, soybean, sunflower, corn, or sesame seed.
Desserts, Snacks	Use sugar free and low fat puddings and ice creams. Try unbuttered popcorn and sugar free gelatins.
Beverages	Fresh fruit juice (limit to 4 oz. Per day); black coffee, tea; diet soft drinks, clear broth. Alcohol: limit to 2 servings per day (see reverse side).
Miscellaneous	You may use vinegar, spices, herbs, nonfat bouillon, mustard, Worcestershire sauce, and soy sauce freely.

SEE REVERSE SIDE FOR FOODS TO LIMIT

FOODS TO EAT

