## GUIDELINES <br> FOR LOW-CHOLESTEROL <br> LOW-TRIGLCERIDE 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). |
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| FRUIT |
| 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. |

## MILK PRODUCTS

FATS, OILS

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 ( $1^{1 ⁄ 2}$ cups).

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

# GUIDELINES <br> FOR LOW-CHOLESTEROL LOW-TRIGLYCERIDE DIETS FOODS TO AVOID 

MEATS, FISH

EGGS
FRUITS
VEGETABLES

BEANS Commercial baked beans with sugar and/or pork.

## NUTS

BREADS, GRAINS

MILK PRODUCTS

FATS, OILS

DESSERTS, SNACKS

## BEVERAGES

Limit egg yolks to three per week.
Coconuts. beans) may be used only if substituted for a serving of bread or cereal.

Avoid nuts. Limit pecans, walnuts, and peanuts to one tablespoonful per day. whole milk. Avoid sweet rolls, doughnuts, and breakfast pastries (Danish). yogurt, or cheeses; nondairy cream substitutes salad dressings, gravies, bacon drippings, cream sauces.

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.

Avoid avocados and olives. Starchy vegetables (potatoes, corn, lima beans, dried peas,

Any baked goods with shortening and/or sugar. Commercial mixed with dried eggs and

Whole milk and whole-milk packaged goods; cream; ice cream; whole milk puddings,

Butter, saturated fats (olive, peanut, and coconut oil), lard, solid margarine, commercial

Fried snack foods like potato chips; chocolate; candies in general; jams, jellies, syrups; whole milk puddings; ice cream and milk sherbets. Hydrogenated peanut butter.

Sugared fruit juices and soft drinks; cocoa made with whole milk and or sugar. When using alcohol ( 1 oz liquor, 5 oz beer, or $21 / 2 \mathrm{oz}$ 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.
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