

GUIDELINES FOR LOW CHOLESTEROL - LOW TRIGLYCERIDE 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 three per week).
- 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.
- 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 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 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 substitutes.
- 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 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 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 broth.
- MISCELLANEOUS** You may use the following freely: Vinegar, spices, herbs, nonfat bouillon, mustard, Worcestershire sauce, soy sauce, flavoring essence.