



LOW CHOLESTEROL – LOW TRIGLCEERIDE DIETS

FOODS TO USE

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 per week).

FRUITS

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. 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 tablespoon)

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 mild products such as low-fat cheeses (farmer's uncreamed cottage cheese, 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.

DESSERT/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 foods to avoid).

MISCELLANEOUS

You may use the following freely: Vinegar, spices, herbs, nonfat bouillon, mustard, Worcestershire sauce, soy sauce, flavoring essence.