



## **LOW CHOLESTEROL – LOW TRIGLCEERIDE DIETS**

### **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, 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 tablespoon 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 break breakfast pastries.

#### **MILK PRODUCTS**

Whole milk and whole-milk packaged goods, ice cream, whole milk puddings, yogurt, or cheeses; non-dairy 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 and hydrogenated peanut butter.

#### **BEVERAGES**

Sugared fruit juices and soft drinks; cocoa made with whole mild 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 NOTE:**

1. Remember that even non-limited 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 your physician if you have any questions.