



## **LOW CHOLESTEROL – LOW TRIGLCERIDE 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 =  $\frac{1}{2}$  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. 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 =  $\frac{1}{2}$  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 ( $\frac{1}{2}$  cup) or  $\frac{1}{2}$  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  $\frac{1}{2}$  cup of hot cereal or  $\frac{3}{4}$  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 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 ( $\frac{1}{4}$  cup), unflavored gelatin or gelatin flavored with sugar substitute ( $\frac{1}{3}$  cup), pudding prepared with skim milk  $\frac{1}{2}$  cup), egg white soufflés, unbuttered popcorn ( $1\frac{1}{2}$  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. 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.