

LOW CHOLESTEROL - LOW SATURATED FAT DIET

The purpose of this diet is to lower the blood cholesterol. There are three dietary changes which will decrease blood cholesterol in most individuals. These are restriction of dietary cholesterol, restriction of total fat, and weight reduction if needed.

The American Heart Association recommends:

1. Energy intake should be adjusted to achieve and / or maintain ideal weight.
2. No more than 30 percent of total calories should come from fat.
3. Saturated fatty acids should be restricted to 10 percent of total calories from fat, polyunsaturated fatty acids should comprise 10 percent of total calories from fat, and monounsaturated fats the remaining 10 percent.
4. Dietary cholesterol should be restricted to less than 300 mg. per day.

TYPE OF FOOD

MEAT, POULTRY,
FISH

FOODS ALLOWED

White meat of CHICKEN & TURKEY,
VEAL, FISH:

SHELLFISH: Clams, crab, oysters,
Scallops. Use a 3 oz. serving as a
Substitute for meat.

BEEF, LAMB, PORK, HAM:
Use less frequently.

Eat no more than 6 oz. cooked
meat, poultry or seafood per day.

Eat no more than 10 oz. Of red
meat (beef, lamb, pork) per
week with only 2 oz. per
serving.

Choose lean ground meat and
lean cuts of meat: trim all
visible fat before cooking; bake,
broil, roast, or stew so that you
can discard the fat which cooks
out of the meat.

FOODS TO AVOID

Ground turkey containing
dark meat and skins. Duck
and goose, poultry skin.
canned fish packed in oil.

Shrimp & lobster are
moderately high in
cholesterol. Use a 3 oz.
serving in a meat meal no
more than once a week.

Organ meats: Liver, kidney,
heart, sweetbreads are very
high in cholesterol. Since
liver is very rich in vitamins
and iron, it should not be
eliminated from the diet
completely. Use a 3 oz.
serving of LIVER in a meat
meal no more than once per
month, in place of meat.

Heavily marbled and fatty
meats: spare rib mutton,
frankfurters, sausages, fatty
hamburgers, bacon, luncheon
meats.

TYPE OF FOOD

FOODS ALLOWED

FOODS TO AVOID

DRIED BEANS AND PEAS

DRIED BEANS & PEAS: Kidney beans, lima beans, baked beans, lentils, chick peas-garbanzos, split peas are high in vegetable protein and may be used in place of meat.

NUTS

NUTS: Especially walnuts and other nuts except those on avoid list. Peanut butter without hydrogenated fat. (Limit 1 tbsp. per day). Example: Laura Scudder's.

Cashew and macadamia nuts regular peanut butter, any hydrogenated peanut Butter exceeding 1 tbsp. / day.

EGGS

EGG WHITE: As desired. Egg substitutes containing no cholesterol.

EGG YOLKS: Limit to 3 per week including those Used in cooking. Cakes, Batters, sauces, and other Foods containing egg Yolks.

POTATO OR SUBSTITUTE

White or sweet potato: baked, broiled, or mashed; macaroni, spaghetti, noodles, or rice.

Those prepared with cream sauces, fats not allowed, or Whole milk; potato chips.

FRUIT AND VEGETABLES

Any vegetables or juices may be used; any fruit or fruit juice may be used; choices of fruits and vegetables should include a good source of vitamin C daily; avocado may be used in small amounts.

Any prepared wit ingredients not allowed; commercially prepared vegetables with sauces and butter; fried vegetables unless prepared with allowed fat.

BREADS

Whole wheat, white, rye, pumpernickel, oatmeal, raisin, Italian, French, and sour dough breads; English muffins , matzo, water bagel, saltines, graham crackers, pretzels, melba toast, rye wafers, baked goods containing no whole milks or eggs yolk and make with allowed fat.

Egg or cheese bread; commercial biscuits, sweet roll, cornbread; pancakes, waffles, French toast unless prepared with allowed ingredients butter rolls, corn chips cheese and flavored crackers.

CEREALS

All cereals except those with coconut, coconut oil, palm or palm kernel oil. Limit sugar coated cereal if weight reduction is desired.

Cereals that contain coconut, coconut oil, palm or palm kernel oil.

TYPE OF FOOD

FOODS ALLOWED

FOODS TO AVOID

DAIRY PRODUCTS

Non-fat milk, dry non-fat milk, canned evaporated non-fat milk.

Non-fat yogurt: frozen non-fat yogurt.

Low fat cheeses, low fat cottage cheese, mozzarella, sapsago, ricotta, farmers. Cheese should provide 2 gm. Fat/oz. Example: lifetime low fat cheese.

Whole milk and whole milk Products, including chocolate Milk, low-fat and regular evaporated milk, condensed Milk, cream (sweet or sour). Ice cream and ice milk. Sour cream and whipped topping (usually contains coconut oil).

FAT AND OILS

Polyunsaturated vegetable oils: corn, cottonseed, safflower, sesame, soybean, and sunflower. Margarine made from out of the allowed oils which states on the label LIQUID OIL (not hardened, partially hardened, or hydrogenated) as the FIRST ingredient. Commercial mayonnaise and salad dressings made with the allowed oils and not

containing sour cream or cheese. monounsaturated vegetable oils; peanut and olive.

Non-dairy creamers containing allowed fats, i.e. , Mocha Mix.

ALL FATS ARE TO BE USED SPARINGLY.

Depending on the need for weight control, use no more than 5-8 tsp. of fat and oils per day for cooking, baking and salads.

Other margarine's, shortenings and oils. Butter, lard, salt pork, suet, bacon, and meat drippings food containing coconut oil, palm oil, or palm kernel oil. Gravies and cream sauces unless made with allowed fat and/or skim milk.

Non-dairy creamers containing Coconut oil, palm kernel, palm oil or hydrogenated fat.

SOUPS

Bouillon, broth, consome, broth-base soups made with foods allowed, milk-base soups made with nonfat milk, packaged dehydrated soups, fat-free vegetable soups.

All others.

TYPE OF FOOD	FOODS ALLOWED	FOODS TO AVOID
DESSERTS	Fruit ices and whips, sherbet, gelatin, junket, and pudding made with nonfat milk, meringues and angel cake; other cakes, pies, cookies, frostings, pastry made with allowed ingredients.	Commercial cakes, pies, cookies, and mixes. Ice cream, milkshakes. Desserts which contain whole milk, saturated or hydrogenated fat and egg yolks.
SWEETS	Pure sugar candy such as gum drops, jelly beans, hard candy, marshmallows, and mints (not chocolate). Also jam, jelly, honey, and syrup (containing no fat).	All other candy.
MISCELLANEOUS	Olives, pickles, salt, spices, herbs, nuts, except those excluded; Tofu (soy cheese); popcorn with allowed oil or margarine.	Coconut; cashew and macadamia nuts and chocolate.
BEVERAGES	Coffee, decaffeinated coffee, tea; carbonated beverage; cocoa made with cocoa powder and non fat milk; wine, beer, alcoholic drinks if permitted by physician.	

SUGGESTED MENU PATTERN

(For one week with proper division of eggs and allowed saturated fat meats.)

BREAKFAST	LUNCH	DINNER
Orange juice or fruit (as desired) Every Day	Turkey or chicken sandwich with mayonnaise and margarine. Monday – Wednesday - Friday	Consomme – crackers. Fish, poultry or veal Sunday – Monday – Wednesday Friday
Cooked or prepared cereal Every Day	Cottage cheese and fruit with oil dressing. Tuesday – Thursday – Saturday	Beef or pork or lamb. Tuesday – Thursday – Saturday And one other meal. (when desired)
Non-fat milk Every Day	Lean roast beef sandwich with margarine. Sunday	Potato with margarine Every Day
1 egg Monday – Wednesday - Saturday	Vegetable juice Gelatin dessert	Vegetable with margarine. Every Day
Toast – Margarine Every day	Non-fat milk Coffee or tea	Salad with oil dressing. Every day