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## **Guidelines for Low-Cholesterol/Low-Triglyceride Diets**

### **Foods to Avoid**

<b>Meats, Fish</b>	Avoid: Marbled beef, duck, and goose (remove the skin from poultry); processed meats; luncheon meats (salami, bologna); frankfurters and fast-food hamburgers (they're loaded with fat); organ meats (kidneys, liver); and canned fish packed in oil.
<b>Eggs</b>	Limit eggs (yolks) to 4 per week, including those used in cooking.
<b>Fruits</b>	Avoid coconuts, which are rich in saturated fats
<b>Vegetables</b>	Eat avocados and olives sparingly (the allowed dietary intake is so small, it may be better to avoid them). Starchy vegetables (potatoes, corn, lima beans, dried peas, beans) may be used as substitutes for a serving of bread or cereal.
<b>Beans</b>	Avoid commercially baked beans with sugar and/or pork added.
<b>Nuts</b>	Eat peanuts and walnuts sparingly. Limit all nuts as they are high in calories.
<b>Breads/Grains</b>	Avoid any baked goods with shortening and/or sugar, as well as commercial mixes with dried eggs and whole milk. Avoid sweet rolls, doughnuts, breakfast pastries (Danish), and sweetened packaged cereals.
<b>Milk Products</b>	Avoid whole milk and whole-milk packaged goods, cream, ice cream, puddings made with whole milk, whole-milk yogurts and cheeses, and non-dairy cream substitutes.
<b>Fats, Oils</b>	Avoid butter, lard, animal fats, bacon drippings, gravies, cream sauces, and palm and coconut oils. All of these are very high in saturated fats. Examine labels on "cholesterol-free" products for "hydrogenated fats." These are oils that have been hardened into solids and, in the process, become saturated. Margarine is one example.
<b>Desserts, Snacks</b>	Avoid fried snack foods (such as potato chips), chocolate, candies, jams, jellies, syrups, and hydrogenated peanut butter.
<b>Beverages</b>	Avoid sugared fruit juices and soft drinks and cocoa made with whole milk and/or sugar. When using alcohol (1 oz. liquor, 5 oz. beer, or 2.5 oz. dry table wine per serving), 1 serving must be substituted for 1 bread or cereal serving. Limit alcohol to 2 servings per day.

### **Special Notes**

1. Use all foods in moderation.
2. *Read labels carefully* - sometimes they can be misleading.
3. While on a triglyceride-lowering diet, be sure to avoid sweets and control the

amount of simple and complex carbohydrates you eat (candies, sweets, and starchy foods such as flour, bread, and potatoes).

4. Buy a good low-fat cookbook such as the one published by the American Heart Association.
5. *Consult your physician if you have any questions.*

## Guidelines for Low-Cholesterol/Low-Triglyceride Diets

### Foods to Use

#### Meats, Fish

*Meats:* Choose lean meats (chicken, turkey, lamb, veal, and nonfatty cuts of beef). Make sure to trim all visible fat from meat before cooking and remove the skin from poultry. *Fish:* Choose fresh or frozen fish, canned fish packed in water, and shellfish (lobster and shrimp should be limited to 2 x per week; other shellfish can be eaten 3x or more). *Meats and fish should be broiled (pan or oven) or baked on a rack. Red meat is okay to eat as long as it's lean. For most people, 6 oz. of poultry, fish, or lean meat is plenty.*

#### Eggs

egg yolks to a

Use egg substitutes and egg whites freely. Limit the use of maximum of 4 per week, including those used in cooking.

#### Fruits

fruit daily. Frozen or used.

Eat fresh fruit every day. Be sure to have at least 1 citrus canned fruit with no added sugar or syrup may also be

#### Vegetables

Eat most vegetables freely (see exceptions in Foods to Avoid). One dark green (string beans, spinach) or 1 deep yellow (squash) is recommended daily (corn, lima beans, etc. should be eaten sparingly since they are regarded as breads because of their starch content). Cauliflower, broccoli, celery, and potato skins are recommended for their fiber content. (Fiber is associated with cholesterol reduction.) Avocados and olives are high in monounsaturated fat and calories. Eat them sparingly. *The healthiest way to prepare vegetables is to steam them, but boiling, straining, and braising with polyunsaturated or monounsaturated oil are other alternatives.*

#### Breads

Use whole-grain or enriched breads. Crackers and melba toast may also be used as bread substitutes, as may pasta, rice, or corn.

#### Beans

Dried peas or beans may be used as a bread substitute.

#### Nuts

Nuts are high in fat and calories, although most of the fat is unsaturated and there is no cholesterol. Because most are unlikely to raise cholesterol, nuts are a good protein alternative to meat. Almonds, walnuts, and peanuts may be used sparingly (1 tablespoon), mainly for caloric reasons.

#### Cereals

Choose cereals (such as oatmeal) that are high in fiber and oat bran. Stay away from pre-sweetened cereals or cereals that list sugar as a major ingredient. *Read labels.*

#### Dairy Products

Choose skim milk or 99% fat-free milk. Also, buy low-fat

cheese such as farmer's cheese, part-skim mozzarella, ricotta, or low-fat cottage cheese.

Use only low-fat yogurt - some yogurts are very high in grams of fat.

#### **Fats, Oils**

(such as safflower, sunflower, soybean, corn and cottonseed). Canola and olive oil are also very good choices. Very small amounts of margarine may be used but *read labels* - margarine is hydrogenated and offsets the benefit of using unsaturated oils.

#### **Desserts, Snacks**

Limit snacking. Low-fat snacks include: ice-milk, sherbet, unflavored gelatin or gelatin flavored with a sugar substitute, pudding made with skim milk, egg-white souffles, or air-popped popcorn.

#### **Beverages**

black coffee, plain

Choose fresh fruit juices (approximately 4 oz. per day),

or herbal teas, sugar-free soft drinks, club soda or seltzer

(salt-free), or cocoa made with skim milk.

*Alcohol*: Limit to 2 servings per day (see Foods to Avoid for

serving information).

#### **Miscellaneous**

bouillon and mustard.

Use the following freely: vinegar, spices, herbs, nonfat