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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