

# Low Fat, Low Cholesterol Diet

## Food Groups

### *Meat, Poultry, Fish, Other Protein*

#### Choose

**Lean Meats:** Select meats with minimal marbling. Trim away excess fat. Generally, a serving size is about the size of a deck of cards. Broil or grill to allow excess fat to drip away.

**Poultry:** Chicken and turkey with skin removed.

**Eggs:** Egg whites and low cholesterol egg substitutes. Whole eggs as recommended by a physician or nutritionist.

**Seafood:** Fish oils are particularly heart healthy. Those with the highest fish oil include swordfish, mackerel, albacore tuna, salmon, walleye, Pollack, and blue fish. Fish should be eaten at least 3 times per week.

**Cheese:** Select low fat cheese such as cottage cheese, pot cheese, mozzarella, ricotta and Swiss.

**Wild Game:** Elk, deer (venison), Bison, pheasant, rabbit, wild duck and squirrel

**Beans:** Beans of almost any type, peas, lentils; tofu; peanut butter

**Milk:** Skim, non-fat (fluid, powdered, evaporated, condensed), buttermilk, lactose-reduced and sweet Acidophilus made from skim milk

**Yogurt:** Made from skim or non-fat milk

**Creamers:** Only those containing polyunsaturated oils

#### Avoid

**Fatty Meats:** Corned beef, mutton, ham, bacon, luncheon meat, short ribs, spare ribs, sausage, hot dogs, scrapple, sandwich spreads, all organ meats

Self basted poultry; processed poultry products such as turkey franks or bacon; chicken frankfurters, or scrapple

Check with your physician or nutritionist regarding how many whole eggs per week.

Any seafood that is sauteed or deep fried

Most cheeses are high in saturated fat. Avoid cream cheese, processed cheese and cheese spreads.

Domestic duck or goose

Canned baked beans (sugar and extra calories added). Check labels.

Any milk product made with whole or 2% milk, chocolate milk, milkshakes, eggnog, coconut milk

Made from whole milk or custard style

Any containing coconut or palm oils; whipped, sour, light, heavy, half & half creams

### *Cereals, Grains, Complex Carbohydrates*

#### Choose

**Cereals, Dry or Cooked:** Oat cereals are particularly heart healthy. Check labels on all cereals for total calories, sugar and sodium. Cereal grains are low in saturated fat.

#### Avoid

Coconut containing cereals, instant hot cereals, granola

Pasta & Rice: Noodles, spaghetti, macaroni, brown rice (preferred), wild rice

Prepared with whole eggs, cream and cheese sauces; canned or boxed noodle and macaroni dishes; canned spaghetti dishes

Baked Goods: Whole grain breads and rolls; low fat or homemade muffins, pancakes, waffles and biscuits using polyunsaturated spread or oil and non-fat milk

Butter or cheese rolls and breads; croutons; commercial biscuits, muffins, pancakes, pastries, sweet rolls, donuts, croissants, popovers

Tortillas: Corn, soft flour made with unsaturated oils

Soft flour tortillas made with lard, shortening, hydrogenated fats, coconut and palm oils

Crackers/Snacks: Unsalted crackers, pretzels, popcorn prepared with air popper or mono/polyunsaturated oil

Salted crackers or snacks; fried snack foods; any snacks or crackers containing saturated fats, coconut or palm oils, hydrogenated or partially hydrogenated fats; cheese crackers or snacks; potato chips; corn chips; tortilla chips; chow mein noodles; commercial buttered popcorn

### *Fruits and Vegetables*

#### Choose

Vegetables: Fresh, frozen or low sodium canned; low sodium tomato and vegetable juices

Fruit: Fresh, unsweetened dried fruits; canned or frozen packed in water, own juice or light syrup preferred; all fruit juices (unsweetened preferred)

#### Avoid

Spaghetti sauce; creamed, breaded or deep-fat fried vegetables; vegetables in sauces

Canned or frozen packed in syrup, sweetened dried fruits, coconut, fried snack chips

### *Fats*

Fats in nuts, seeds and avocado are mostly unsaturated and healthy. They are high in vitamins and minerals, but they also contain high calories and should be limited.

#### Choose

Polyunsaturated Fats: Sunflower, safflower, corn, soybean, cottonseed, sesame oils

Monosaturated Fats: Canola, olive, peanut oils

Spreads: Tub type vegetable spreads made with canola or other mono- or poly- unsaturated fats

Salad Dressings: Olive oil and balsamic vinaigrette. Check labels for saturated or trans fats.

Seeds and Nuts: Unsalted, pumpkin, sesame, sunflower and others not on avoid list

#### Avoid

Butter, lard, beef tallow, salt pork, bacon, bacon drippings, ham hock, animal fat, shortening, suet, chocolate, cocoa butter, coconut, coconut oil, palm and palm kernel oil, hydrogenated fat

Hardened stick margarine or butter, any spread made with saturated or trans fat

Made with saturated or trans fats, egg yolks

Cashews, macadamia, pistachio, Brazil

## *Miscellaneous*

### Choose

Desserts: Homemade baked goods made with unsaturated oils or spreads, skim or 1% milk and egg substitute or egg whites; gelatin; angel food cake; ginger snaps; fruit ice, fruit whips, sorbet, sherbet; low-fat frozen desserts; puddings, custards or junkets made with non-fat milk and egg allowances

Beverages: Sparkling or mineral water, seltzer, club soda - unsweetened preferred; coffee; tea; Postum

Soups & Sauces: Fat-free, low-salt broth, consomme and bouillon; homemade soup skimmed of fat; cream soup and sauces made with non-fat milk and fat allowance

Other: Spices, herbs, pepper, lemon juice, garlic and onion powder, Tobasco, catsup, mustard, vinegar, relishes, jam, jelly, marmalade (unsweetened preferred)

### Avoid

Made with whole milk, cream, butter, chocolate and egg yolk; commercially prepared cakes, pies, cookies, pastries; ice cream; chocolate desserts; frozen cream pies; commercial dessert mixes such as cake and brownie mixes; chocolate; candies made with cream fillings

Tonic, commercially or home softened water, instant cocoa mixes, Dutch processed cocoa

Soup made with whole milk or cream; broth containing fat; canned soups; dehydrated soup mixes; bouillon not labeled low-sodium; gravy and sauces made with butter, other animal fat and whole milk

Commercially fried foods, pickles, any foods containing items not allowed