

Low Cholesterol-Low Fat Diet

Fat per day 50 gm

Cholesterol per day 150 mg

Polyunsaturated: Saturated Fat Ratio=1:1; saturated Fat of 2.5 gm

Foods Allowed

Food To Avoid

Beverages

Carbonated beverages, Coffee (No Cream), Tea, Skim Milk, Buttermilk Made From Skim Milk, Non-Fat Dry Milks Solids, Non-Fat Yogurt.

Whole Milk, 2% Milk, Cream Instant Cocoa (Except Non-Fat).

Breads

Rye, Whole Wheat, or White Bread Plain Rolls or Buns, Graham or Soda Crackers.

Cheese Bread, Corn Bread, Biscuits Butter Rolls, Most Crackers, Sweet Rolls, Doughnuts, Pastries, Pancakes, Waffles, French Toast, Breaded Fried Foods.

Cereals And Cereal Products

All Cooked or Dry Cereal Without Coconut, Rice, Macaroni, Pasta.

Cereal With Coconut, Egg Noodles; Products Prepared With Butter, Cheese or Cream Sauces.

Soups

Broth, Bouillon, " Cream" Soups Made With Skim Milk And Margarine, Vegetable Soups.

Commercial Soups (Except Vegetable), Creamed Soups.

Meats, Poultry, Fish, Eggs, & Cheese

Limit Meats To 6oz Daily, Lean Beef Veal, Chicken And Turkey Without Skin, All Fish Except Shrimp, Low-Fat Cottage Cheese, Low-Fat Cheeses, Ricotta, Egg Whites, Egg Substitutes, Limit Egg Yolks To Two Per Week.

Luncheon Meats, Corned Beef, Organ Meats, Lamb, Pork, Sausage, Ham Frankfurters, Duck, Goose, Shrimp, Cheese Not On Allowed List, No More Than Two Egg Yolks Per Week Including Those In Baked Goods.

Foods Allowed

Foods To Avoid

Vegetables

Any Vegetables Including Potatoes
And Sweet Potatoes.

Vegetables Prepared With Butter,
Cheese or Cream Sauce, Potato Chips,
French Fries, Any Fried Vegetables.

Fruits

Any Fresh, Frozen, Canned or
Dried Fruit or Juice.

None

Desserts

Angel Food Cake, Meringue,
Gelatin, Pudding Made With Skim
Milk, Fruit Ice Sherbet.

Cakes, Cookies, Ice Cream, Ice Milk,
Pies, Pastries, And Commercial Mixes.

Fats

Margarine Which List Liquid Oil
As The First Ingredient On The
Label, French or Italian Dressing.

Limit Total Fats, NO Butter, Regular
Margarine, Cream, Sour Cream,
Coconut Oil, Palm Oil, Lard, Bacon,
Meat Fat, Whipped Toppings.

Miscellaneous

Sugar, Honey, Syrup, Jam, Jelly
Nuts Except Cashews And
Macadamia, Condiments, Herbs,
Spices, Vinegar, Olives, Pickles.

Chocolate, Coconut, Cashews,
Macadamia Nuts, Gravy, No Fried
Foods.