

# FOODS TO AVOID

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

<b>MEATS, FISH</b>	Marbled beef, pork, bacon, sausage, and other pork products; fatty fowl (duck, goose); skin and fat of turkey and chicken; processed meats; luncheon meats (salami, bologna); frankfurters and fast-food hamburgers (they're loaded with fat); organ meats (kidneys, liver); canned fish packed in oil.
<b>EGGS</b>	Limit egg yolks to two per week.
<b>FRUITS</b>	Coconuts (rich in saturated fats).
<b>VEGETABLES</b>	Avoid avocados and olives. Starchy vegetables (potatoes, corn, lima beans, dried peas, beans) may be used <i>only</i> if substituted for a serving of bread or cereal. (Baked potato skin, however, is desirable for its fiber content.)
<b>BEANS</b>	Commercial baked beans with sugar and/or pork added.
<b>NUTS</b>	Avoid nuts. Limit peanuts and walnuts to one tablespoonful per day.
<b>BREADS, GRAINS</b>	Any baked goods with shortening and/or sugar. Commercial mixes with dried eggs and whole milk. Avoid sweet rolls, doughnuts, and breakfast pastries (Danish), and sweetened packaged cereals (the added sugar converts readily to triglycerides).
<b>MILK PRODUCTS</b>	Whole milk and whole-milk packaged goods; cream; ice cream; whole milk puddings, yogurt, or cheeses; nondairy cream substitutes.
<b>FATS, OILS</b>	Butter, lard, animal fats, bacon drippings, gravies, cream sauces, as well as palm and coconut oils. All these are 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 have become saturated).
<b>DESSERTS/SNACKS</b>	Fried snack foods like potato chips; chocolate; candies in general; jams jellies, syrups; whole milk puddings; ice cream and milk sherbets. Hydrogenated peanut butter.
<b>BEVERAGES</b>	Sugared fruit juices and soft drinks; cocoa made with whole milk and or sugar. When using alcohol (1 oz. liquor, 5 oz. beer, or 2 ½ oz. dry table wine per serving), one serving must be substituted for one bread or cereal serving (limit, two servings of alcohol per day).

### **SPECIAL NOTES**

1. Remember that even non-limited foods should be used in moderation.
2. While on cholesterol-lowering diet, be sure to avoid animal fats and marbled meats.
3. While on triglyceride-lowering diet, be sure to avoid sweets and to control the amount of carbohydrates you eat. (starchy foods such as flour, bread, potatoes).
4. Consult your physician if you have any questions.