

## FOODS TO USE

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

<b>MEATS, FISH</b>	Choose lean meats (chicken, turkey, veal, and nonfatty cuts of beef with excess fat trimmed; one serving = 3 oz. of cooked meat). Also, fresh or frozen fish and canned fish packed in water, and shell fish (lobster, crab, shrimp, oysters). Limit use to no more than one serving of one of these per week. Shellfish are high in cholesterol but low in saturated fat and should be used sparingly. Meats and fish should be broiled (pan or oven) or baked on a rack.
<b>EGGS</b>	Egg substitutes and egg whites (use freely). Egg yolks (limit two per week).
<b>FRUIT</b>	Eat three servings of fresh fruit per day (1 serving = ½ cup). Be sure to have at least one citrus fruit daily. Frozen or canned fruit with no sugar or syrup added may be used.
<b>VEGETABLES</b>	Most vegetables are not limited (see reverse side). One dark-green (string beans, escarole) or one deep-yellow (squash) vegetable is recommended daily. Cauliflower, broccoli, and celery, as well as potato skins, are recommended for their fiber content. (Fiber is associated with cholesterol reduction.) It is preferable to steam vegetables, but they may be boiled, strained, or braised with polyunsaturated vegetable oil (see below).
<b>BEANS</b>	Dried peas or beans (1 serving = ½ cup) may be used as a bread substitute.
<b>NUTS</b>	Almonds, walnuts, and peanuts may be used sparingly. (1 serving = 1 tablespoonful.) Use pumpkin, sesame, or sunflower seeds.
<b>BREADS, GRAINS</b>	One roll or one slice of whole-grain or enriched bread may be used or three soda crackers or four pieces of melba toast as a substitute. Spaghetti, rice, or noodles (1/2 cup) or ½ large ear of corn may be used as a bread substitute. In preparing these foods, do not use butter or shortening; use soft margarine. Also use egg and sugar substitutes. Choose high-fiber grains, such as oats and whole wheat.
<b>CEREALS</b>	Use ½ cup of hot cereal or ¾ cup of cold cereal per day. Add a sugar substitute if desired, with 99% fat-free or skim milk.
<b>MILK PRODUCTS</b>	Always use 99% fat-free or skim milk, dairy products such as low-fat cheeses (farmer's, uncreamed cottage, mozzarella), low-fat yogurt, and powdered skim milk.
<b>FATS, OILS</b>	Use soft (non stick) margarine; vegetable oils that are high in polyunsaturated fats (such as safflower, soybean, sunflower, corn, and cotton seed). Always refrigerate meat drippings to harden the fat and remove it before preparing gravies.
<b>DESSERTS/SNACKS</b>	Limit to two servings per day; substitute each serving for a bread/ cereal serving: ice milk, water sherbet (1/4 cup); unflavored gelatin or gelatin flavored with sugar substitute (1/3 cup); pudding prepared with skim milk (1/2 cup); egg white soufflés; unbuttered popcorn (1 ½ cups). Substitute carob for chocolate.
<b>BEVERAGES</b>	Fresh fruit juices (limit 4 oz. per day); black coffee, plain or herbal teas; soft drinks with sugar substitutes; club soda, preferably salt-free; cocoa made with skim milk or nonfat dried milk and water (sugar substitute added if desired); clear broth. Alcohol: limit two servings per day (see reverse side).
<b>MISCELLANEOUS</b>	You may use the following freely: Vinegar, spices, herbs, nonfat bouillon, mustard, Worcestershire sauce, soy sauce, flavoring essence.