

FAT- & CHOLESTEROL-RESTRICTED DIET

PURPOSE

The low-fat/low-cholesterol diets are designed to improve serum lipid profiles for the treatment and prevention of coronary heart disease (CHD).

DESCRIPTION

Foods high in total fat, saturated fat, and cholesterol are controlled. Total cholesterol intake is restricted. Limited amounts of monounsaturated and polyunsaturated fats are used as replacements for saturated fats. Calories need to be adjusted to achieve or maintain desired body weight. Lean meat, fish, skinless poultry, and non- or low-fat dairy products are included, as well as plant sources of protein, such as legumes, dried beans, and dried peas. High-fat meats and poultry, organ meats, egg yolks, and cheese are limited. Foods high in complex carbohydrates and fiber such as fruits, vegetables, whole-grain products, and legumes are emphasized.

FOOD LISTS-STEP 1 DIET

Milk/Dairy (Limit to 2 to 3 servings a day)

- Allowed: Skim (nonfat) or 1% fat milk (liquid, powdered, or evaporated), nonfat or low-fat yogurt, nonfat or low-fat cottage cheese, nonfat or low-fat cheese, nonfat sour cream, and nonfat cream cheese.
- Avoid: Whole milk (4% fat) (liquid, evaporated, or condensed); 2% milk; cream; half-and-half; imitation milk products; most nondairy creamers; whipped toppings; whole milk yogurt; regular cottage cheese (4% fat); natural cheeses made from whole milk (cheddar, Swiss, blue, Camembert, etc.); low-fat or regular cream cheese; low-fat or regular sour cream; low-fat cream cheese; low-fat sour cream. NOTE: If 2% milk is used, decrease added fat by 1 teaspoon for each cup of milk.

Meat/Meat Substitute (Limit to 6 oz a day from animal products; limit 4 egg yolks a week)

- Allowed: Cooked dried beans; split peas; lentils; pinto beans; poultry without the skin; fish; tuna packed in water; lean beef (extra lean ground beef, eye of round, sirloin, round tip, round, top round, tenderloin, top loin); lean pork (tenderloin, leg, shoulder); lamb (arm, leg, loin, rib); luncheon meats (1 gram of fat or less per ounce); egg whites (2 egg whites will equal 1 whole egg); or low-cholesterol egg substitutes.
- Avoid: Fried meats or meat substitutes; fatty cuts of beef, pork or lamb; goose; duck; liver; kidney; brains or other organ meats; sausages; bacon; regular luncheon meats; peanut butter (except as allowed under Miscellaneous); or egg yolks beyond allotment.

Breads & Grains (6 to 11 servings a day)

- Allowed: Whole-grain breads (oatmeal, whole wheat, rye, bran, multigrain, etc.); English muffins; bagels; pita bread; rice; pasta; homemade baked goods low in fat; low-fat crackers (rice cakes, popcorn cakes, Rye Krisp, Melba toast, pretzels, breadsticks); or hot or cold cereals (with 1 to 2 grams of fat or less per serving).
- Avoid: High-fat baked goods (pies, cakes, doughnuts, croissants, pastries, muffins, biscuits); fry bread; high-fat crackers; egg noodles; granola type cereals; cereals with more than 2 grams of fat per serving; pasta and rice prepared with cream; butter; or cheese sauces.

Vegetables (3 to 5 servings per day or more)

- Allowed: Any fresh, frozen, canned, or dried.
- Avoid: Vegetables prepared in butter, cream, or other sauces; fried vegetables.

Fruits (2 to 4 servings per day or more)

- Allowed: Any fresh, frozen, canned, or dried.
- Avoid: Coconuts, avocados, and olives, except as allowed under Miscellaneous.

Desserts & Sweets (Limit to control calories)

- Allowed: Sugar; jelly; jam; honey; molasses; low-fat or fat-free frozen desserts (such as sherbet, sorbet, ices, nonfat frozen yogurt, and popsicles); angel food cake; low-fat or fat-free cakes and cookies (such as vanilla wafers, Newton Cookies, graham crackers, ginger snaps [others with less than 2 grams of fat per serving]); baking cocoa; low-fat or fat-free candy (such as jelly beans or hard candy); low-fat or fat-free puddings; gelatin desserts.
- Avoid: Ice cream; high-fat cakes; pies and cookies (most commercially made); chocolate; puddings made with whole milk; and nut candies.

Beverages

- Allowed: Juices, tea, coffee, decaffeinated coffee, carbonated drinks, and most alcoholic beverages.
- Avoid: Milkshakes; ice cream floats; eggnog; and alcoholic beverages containing milk, cream, or coconut.

Miscellaneous

- Allowed: Limit fat based on total number of calories consumed. Generally no more than 6 to 8 servings/day of added fat, such as margarine and salad dressing, should be eaten; overweight, sedentary, or elderly individuals may need less.

Limit: (1 tsp per serving) Unsaturated vegetable oils (corn, olive, canola, flaxseed, safflower, sesame, soybean, or sunflower); margarine or shortening made from unsaturated vegetable oils; mayonnaise and salad dressings made from unsaturated oils (1 Tbsp); diet margarine (2 tsp); olives (10 small or 5 large); avocado (1/8 medium or 2 Tbsp); seeds and nuts (1 Tbsp seeds, 6 almonds, 20 small peanuts); peanut butter (2 tsp).

No Limit: Vegetable oil sprays; fat-free mayonnaise and salad dressings, fat-free sour cream; herbs, spices, pepper, and salt substitute with doctor approval; mustard; catsup; vinegar; lemon and lime juice; fat-free sauces; cream sauces made with allowed ingredients.

Avoid: Butter; coconut oil; palm oil; palm kernel oil; lard; bacon fat; salad dressings made with egg yolk; fried snack foods (potato chips, cheese curls, tortilla chips); regular cream sauces.