

LOW CHOLESTEROL, LOW SIMPLE SUGAR DIET

Purpose: This diet may be used to lower serum triglyceride and cholesterol levels.

Characteristics: Carbohydrate should provide no more than 40% of the total calories. This is accomplished by eliminating beverages and foods with a high sugar content. Foods in the FRUIT LIST and BREADS AND CEREALS LISTS are carbohydrate foods - that is they contain either natural sugars or starches, (starches are broken into sugars in the body). Therefore the number of servings of foods from the Fruit and Breads and Cereals lists should be used in moderation. The diet is also moderately restricted in cholesterol. The Food Lists allow foods high in polyunsaturated fats and restrict foods high in saturated fats and cholesterol. Read the labels on processed foods carefully to determine if they contain the kinds of fats allowed on your diet.

Comment: Plan 3 meals daily using foods allowed from each of the Food Lists. These foods are nutritious and can be eaten by the entire family. Your weight has a lot to do with your blood fat levels. If you are overweight, weight loss is most important to lowering serum triglycerides. The amounts of foods you eat are as important as choosing the proper kinds of foods. If you need to lose weight, reduce your caloric intake by limiting your portion sizes and eliminating between meal snacks. Weight loss should be no more than 2 pounds per week.

TYPE OF FOOD	FOODS INCLUDED IN DIET	FOODS TO AVOID
Beverage	Diet Carbonated beverages, unsweetened cocoa powder, coffee, tea, skim milk, non-fat dry skim milk, low fat milk, evaporated skim milk, unsweetened fruit juices, butter-milk made with skim milk	Whole or homogenized milk, canned whole milk, whole milk yogurt, milkshakes, sweetened cocoa powder, sweetened fruit drinks.
Bread Crackers	All breads and flour. Biscuits, cornbread, muffins & pancakes, waffles made with allowed fat or oil (must be homemade). Soda crackers and melba. Especially whole grains.	Commercial biscuits, coffee cakes, cornbread, pancakes, waffles, muffins, cheese-flavored or snack crackers.
Cereals	All, except as listed. Especially whole grains.	Granola containing coconut or coconut oil. Sweetened cereals.
Potatoes or substitute	Macaroni, noodles, spaghetti, rice, potatoes except those in cream sauces or cheese sauces	Commercial french fries, potato chips, corn chips, casseroles containing cream sauces made with whole milk, cream or butter or cheese.
Vegetables	All. Include at least one serving leafy green or yellow vegetable each day.	Buttered, creamed or fried vegetables unless prepared with allowed fat.

<u>TYPE OF FOOD</u>	<u>FOODS INCLUDED IN DIET</u>	<u>FOODS TO AVOID</u>
Fruit	Any fresh, canned, frozen or dried fruit or juice. Avocado may be used in small amounts. Canned in own juice or light syrup. Recommend 3-4 servings per day. Include one serving of citrus fruit daily or other vitamin C source.	Avoid heavy syrup.
Soup	Canned noodle or vegetable soup. Cream soup made with skim milk (homemade). Homemade noodle or vegetable soup.	Cream soups made with whole milk, cream butter.
Meat or substitute	Chicken (no skin), turkey (no skin), veal, fish in most of your meat meals in a week. Use beef, lamb, pork, less frequently. Choose leaner grades of meat, trim all visible fat before cooking. Dried beans and peas such as kidney beans, lima beans, baked beans, lentils, chick peas may be used occasionally. Egg whites as desired. Limit egg yolks to 2-3 per week. Bake, broil, roast or stew so you can discard the fat which cooks out of the meat.	Duck, goose. Heavily marbled and fatty meats. Spare ribs, mutton, sausages, hot dogs, bacon, luncheon meat, corned beef, and canned meats. Organ meats* - Liver, kidney, heart and sweet breads. *Since liver is very rich in vitamins and iron it can be served no more than once a week as a 3 oz. portion. No frying.
Fat	Allowed: Special margarine such as Chiffon, Fleishman's, Mazola or Promise. Liquid oils such as safflower oil, cottonseed oil, corn oil, soybean or sesame oil.	Butter, lard, hydrogenated margarines, hydrogenated shortening, coconut oil, olive oil, peanut oil, suet, salt pork, bacon, cream sauce made with whole milk Avoid salad dressings with these ingredients.
Sweets	Holiday Treat	Hard candies such as gum drops, sour ball, clear butterscotch or peppermint drops, jelly beans, fruit slices, chocolate and coconut candies. Jam, jelly, honey, marmalade, white and brown sugar, syrup, and molasses.
Desserts Limit if overweight No more twice/week	Angel food cake, gelatin, fruits, puddings made with skim milk & no eggs, fruit ices, sherbet. Cakes, pies and cookies made with allowed fats and skim milk (homemade).	Desserts which contain whole milk, butter, other saturated fat including commercial pie, cake, cookies & various mixes.
Miscellaneous	Seasonings, herbs, unsweetened cocoa, lemons, mustard.	Coconut, nuts, chocolate, olives, catsup