

LOW FAT AND LOW CHOLESTEROL DIET

This diet is designed to contain approximately 4- to 50 grams fat and 250 to 300 mg of cholesterol per day. This meets the American Heart Association Step I guidelines.

<u>FOOD GROUP</u>	<u>CHOOSE</u>	<u>LIMIT</u>
Dairy products <i>2 to 3 servings/day</i>	Skim or 1% milk; fat free or low fat cheeses (no more than 3 gm fat/oz.); Low fat or nonfat yogurt.	Whole milk or cream; Regular cheese – all varieties; Ice cream.
Meat, poultry, fish, and eggs <i>6 ounces/day</i>	Lean or extra lean meats: beef round, flank steak, sirloin; pork tenderloin, center cut pork chops. Egg whites; egg substitutes. Chicken and turkey, skin removed. Fish – all kinds including shellfish – fresh and frozen. DO NOT FRY. Luncheon meat: turkey breast or lean ham – at least 95% fat free.	Hot dogs, regular cold cuts, sausage, bacon, spare ribs, peanut butter, fried meats. No more than 3 egg yolks per week.
Fruits and vegetables <i>5 or more/day</i>	Fruits and vegetables – fresh, frozen, or canned.	Adding fat from butter cream and cheese sauces; breaded or fried vegetables.
Breads, cereals, pasta <i>6 to 11 servings/day</i>	All breads: including white, Italian, rye, whole wheat, pumpernickel; bagels; English muffins; hot or dry cereals; rice or pasta.	High fat breads: biscuits, croissants, donuts, Danish; granola cereals; cereals with nuts; pasta with cream sauce.
Fats and oils <i>Limit to 3 to 4 tsp/day</i>	Limited amounts of tub margarine, mayonnaise, vegetable oil and nuts. Use most often monounsaturated fats: olive or canola oil; Less often: soybean, corn, safflower, sunflower, oils. Any fat free versions of these products are acceptable; non-stick spray; Molly McButter; Butter Buds.	Butter, sour cream, cream cheese, coffee creamers, chocolate.
Snacks	Soda, fruit punch, lemonade, hard candies, pretzels, low fat crackers, popsicles, sherbet, jello, angel food cake, graham crackers, ginger snaps.	Cakes, pies, cream filled desserts, snack chips, chocolate.

SAMPLE LOW FAT MENUS

2 slices whole wheat toast/jelly
Oatmeal with raisins
Skim milk
Coffee/tea

Pumpnickel bagel
1 Tbsp. light cream cheese
Total/skim milk/banana
Coffee/tea

2 oz. turkey sandwich
Lettuce and tomatoes
1 tsp. regular mayonnaise
OR 1 Tbsp. light mayonnaise
Pretzels/fresh fruit
Fruit punch

Vegetable soup
3 oz. grilled chicken sandwich
Shredded lettuce
Barbecue sauce
½ cup frozen yogurt
Lemonade

4 oz. flank steak stirfry with
Chinese vegetables
(1 tsp. oil per serving)
Served over steamed rice
Pineapple chunks

Spaghetti with 3 oz. ground turkey in
Tomato sauce/Italian bread
Spinach salad with 2 Tbsp. low fat Italian dressing
Applesauce

Snack:
3 Graham crackers
Skim milk

Snack:
Low fat vanilla pudding