



Dyslipidemia Diet Guidelines

	FOODS TO USE	FOODS TO AVOID
MEATS, FISH & POULTRY	Choose lean meats & poultry (chicken, turkey, beef, veal, lamb, pork, ham). Trim excess fat. (One serving = 3 oz. of cooked meat.) Use processed meats containing less than 10% fat. Also, fresh, frozen or canned fish & shellfish except shrimp. Meats, poultry and fish should be broiled (pan or oven) or baked on a rack.	Bacon, sausage, fatty fowl (duck, goose); skin and fat of turkey and chicken; processed meats; regular luncheon meats (salami, bologna); frankfurters; regular hamburger; organ meats (kidneys, liver); shrimp, squid, caviar.
EGGS	Egg whites. Commercial egg substitutes low in cholesterol and saturated fats	Limit egg yolks to two per week (including those used in cooking)
FRUIT	Eat three servings of fresh fruit per day (1 serving = 1/2 cup). Frozen or canned fruit with no sugar or syrup added may be used.	Coconuts.
VEGETABLES	Use 2-4 servings of vegetables per day. Include yellow, green or green leafy vegetables. Vegetables may be boiled, steamed or stir fried with recommended fats & oils (see reverse side).	Vegetables cooked with butter or a cream or cheese sauce.
MILK PRODUCTS	Use skim or 1% milk, skim milk cheeses (less than 8% M.F.), yogurt containing less than 1% M.F., powdered skim milk, low fat cottage cheese.	Whole or 2% milk and whole-milk packaged goods, cream, ice cream, whole milk puddings, yogurt or cheeses, nondairy cream substitutes containing coconut or palm oil.
BREADS, GRAINS	Whole-grain or enriched bread, rolls, bagels, low fat crackers & cookies such as soda crackers, melba toast, graham wafers, arrowroots and gingersnaps may be used. Spaghetti, potatoes, rice or noodles may be used as a bread substitute. In preparing these foods, do not use butter or shortening; use soft margarine or oil.	Rich baked goods with eggs, shortening and/or sugar. Commercial mixes with dried eggs and whole milk. Avoid sweet rolls, doughnuts, breakfast pastries (Danish) and croissants.
DESSERTS/ SNACKS	Limit to two servings per day: fruit ice (1/4 cup); pudding prepared with skim or 1% milk (1/2 cup); egg white soufflés; unbuttered popcorn. Homemade baked goods prepared with egg whites, recommended fats and oils and reduced amounts of sugar.	Fried snack foods, chocolate, whole milk puddings, ice cream and milk shierbets. Commercial pies, cakes and high fat cookies. If triglycerides are elevated or weight reduction is required, avoid candies, jams, jellies and syrups.

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BEANS	Dried peas or beans (1 serving = 1 cup) may be used as meat substitute.	Commercial baked beans with sugar and/or pork.
NUTS	Pecans, walnuts, sunflower seeds, cashews, almonds, pistachios and peanuts may be used sparingly. 1 serving = 1 tablespoonful.	Nuts roasted in coconut or palm oil. Chocolate coated nuts.
CEREALS	Use hot or cold cereal without added coconut or coconut oil.	
FATS, OILS	Polyunsaturated or monounsaturated vegetable oils such as safflower, soybean, sunflower, corn, canola or olive oils. Soft margarine rich in polyunsaturated and monounsaturated oils. Peanut butter, mayonnaise and salad dressings made with recommended oils. Avocado.	Butter, saturated fats (palm oil, cocoa butter, coconut oil, lard & beef tallow), solid margarine, gravies, bacon drippings, cream sauces.
BEVERAGES	Fresh fruit juices (limit 8 oz. per day); black coffee, plain or herbal teas; soft drinks with sugar substitutes; club soda, cocoa made with skim or 1% milk or nonfat dried milk and water; clear broth. Alcohol: limit two servings per day.	Cocoa made with whole or 2% milk and/or sugar. If triglycerides are elevated and weight reduction is required, avoid sugared fruit juices and soft drinks. Alcohol use — see notes #2 and #3.
MISCELLANEOUS	You may use the following freely: Vinegar, spices, herbs, nonfat bouillon, mustard, Worcestershire sauce, soy sauce, flavoring essence.	

SPECIAL NOTES:

1. On the market there are many foods that are labelled "low fat", "low cholesterol", "cholesterol free" or "low in saturates". To determine whether these foods are appropriate for your diet, check with a registered dietitian.
2. Remember that even the recommended foods should be used in moderation.
3. While on cholesterol-lowering diet, be sure to avoid foods rich in saturated fat and cholesterol. Sugar and alcohol may be used in moderation.
4. While on triglyceride-lowering diet, be sure to avoid sweets and alcohol.
5. To achieve maximal dietary lowering of blood lipids, it is recommended that you be referred by your physician to a registered dietitian for an individualized diet and meal plan.

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