

Low-Fat/Low Cholesterol Diet

If you have any questions on how to incorporate these foods into your daily routine please call the dietitian for further information.

Food Group	Foods Allowed	Foods to Avoid
Meat/Meat substitute 6 oz or less/day	<ul style="list-style-type: none"> • Tofu, tempeh; veggie burgers & other meat substitutes • Dry beans and peas • Fish, shellfish (without butter) • Poultry without skin • Lean cuts/ well trimmed beef, pork, lamb; e.g., loin, round, select grade • Processed meat prepared from lean meats, e.g., lean ham, lean frankfurters, lean meat with soy protein 	<ul style="list-style-type: none"> • Fatty cuts of beef, pork, lamb, regular ground beef, spare ribs, organ meats • High fat sauces
Eggs 2 or less yolks/week (4 if egg is fortified with omega-3 fats)	<ul style="list-style-type: none"> • Egg whites (2 whites can be substituted for one whole egg in recipes), cholesterol free egg substitute 	<ul style="list-style-type: none"> • Egg yolks (more than 2/ week); includes eggs used in cooking and baking
Dairy Products	<ul style="list-style-type: none"> • Milk: skim, or 1% (fluid, powdered, evaporated), butter milk; thick skim • Yogurt: nonfat or low-fat yogurt or yogurt beverage • Soy or rice beverages – other nondairy • Cheese: low-fat natural, processed or non dairy cheese such as soy cheese with < 3g fat per serving • Other low-fat or nonfat varieties, (e.g. low-fat, nonfat, or dry curd, 0-2% fat cottage cheese) • Frozen dairy dessert: low-fat or nonfat ice cream and frozen yogurt • Low-fat or nonfat coffee creamer and sour cream; read label to check for sugar content 	<ul style="list-style-type: none"> • Whole milk (fluid, evaporated, condensed), 2% fat milk • Whole-milk yogurt, whole-milk yogurt beverages • Regular cheeses (American, blue, Brie, cheddar, Colby, Edam, Monterey Jack, whole-milk mozzarella, Parmesan, Neufchatel cheese) • Regular ice cream, premium frozen yogurt • Cream, half and half, whipping cream, nondairy or flavored creamer, whipped topping, sour cream

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Fats and Oils 6 tsp/day or less	<ul style="list-style-type: none"> • Unsaturated oils: Olive, Canola, Peanut, Soybean • Margarine: Use those with no trans fatty acids. • Salad dressings made with unsaturated oils listed above or low-fat/fat-free varieties • Seeds and Nuts: Natural peanut butter (2T) • Avocados; olives • Cocoa powder • Benecol or Take Control 	<ul style="list-style-type: none"> • Coconut oil, palm kernel oil, and palm oil • Butter, lard, shortening, bacon fat, stick margarine, margarine high in trans fats • Coconut, peanut butter with hydrogenated fat added • Milk chocolate
Breads, cereals, rice and pasta 6 or more servings/day	<ul style="list-style-type: none"> • Breads: with 2g of dietary fiber or more (read label): whole grain, English muffins, bagels, buns, corn and flour tortillas • Cereals: with 5g of dietary fiber or more (read label): oat, wheat, corn, multigrain • Whole wheat pasta • Brown rice • Crackers: low-fat animal, graham, soda, bread sticks, melba toast, crackers with , 2g fat per serving and 2g fiber • Homemade baked goods using unsaturated oils, skim or 1% milk, and egg substitute--Quick breads, biscuits, cornbread muffins, bran muffins, pancakes, waffles 	<ul style="list-style-type: none"> • Breads in which eggs, fat and/or butter are a major ingredient, croissants, tortillas with lard • Granolas made with hydrogenated oils • White pasta • White rice • High fat crackers or those with hydrogenated oils, foods made with Olestra should be used with caution • Commercially baked pastries, biscuits
Soups	<ul style="list-style-type: none"> • Reduced or low-fat varieties, e.g. chicken or beef noodle, minestrone, tomato, vegetable, potato; reduced-fat soups made with skim milk--watch out for the sodium in canned soups! 	<ul style="list-style-type: none"> • Soups containing whole milk, cream, meat fat, poultry fat, or poultry skin
Vegetables 3-5 servings/day minimum	<ul style="list-style-type: none"> • Fresh or frozen, without added fat or salt 	<ul style="list-style-type: none"> • Vegetables fried or prepared with butter, cheese, or cream sauce
Fruits 2-4 servings/day	<ul style="list-style-type: none"> • Fresh, frozen, canned (in natural juice) or dried 	<ul style="list-style-type: none"> • Fried fruit or fruit served with butter, whip cream, or cream sauce;

