**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.

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<tr>
<th>Food Group</th>
<th>Foods Allowed</th>
<th>Foods to Avoid</th>
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<tbody>
<tr>
<td><strong>Meat/ Meat substitute</strong></td>
<td>• Tofu, tempeh; veggie burgers &amp; other meat substitutes&lt;br&gt;• Dry beans and peas&lt;br&gt;• Fish, shellfish (without butter)&lt;br&gt;• Poultry without skin&lt;br&gt;• Lean cuts/ well trimmed beef, pork, lamb; e.g., loin, round, select grade&lt;br&gt;• Processed meat prepared from lean meats, e.g., lean ham, lean frankfurters, lean meat with soy protein</td>
<td>• Fatty cuts of beef, pork, lamb, regular ground beef, spare ribs, organ meats&lt;br&gt;• High fat sauces</td>
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<td>6 oz or less/day</td>
<td>• Egg whites (2 whites can be substituted for one whole egg in recipes), cholesterol free egg substitute</td>
<td>• Egg yolks (more than 2/week); includes eggs used in cooking and baking</td>
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<td><strong>Eggs</strong></td>
<td>• Milk: skim, or 1% (fluid, powdered, evaporated), butter milk; thick skim&lt;br&gt;• Yogurt: nonfat or low-fat yogurt or yogurt beverage&lt;br&gt;• Soy or rice beverages – other nondairy&lt;br&gt;• Cheese: low-fat natural, processed or non dairy cheese such as soy cheese with &lt; 3g fat per serving&lt;br&gt;• Other low-fat or nonfat varieties, (e.g. low-fat, nonfat, or dry curd, 0-2% fat cottage cheese)&lt;br&gt;• Frozen dairy dessert: low-fat or nonfat ice cream and frozen yogurt&lt;br&gt;• Low-fat or nonfat coffee creamer and sour cream; read label to check for sugar content</td>
<td>• Whole milk (fluid, evaporated, condensed), 2% fat milk&lt;br&gt;• Whole-milk yogurt, whole-milk yogurt beverages&lt;br&gt;• Regular cheeses (American, blue, Brie, cheddar, Colby, Edam, Monterey Jack, whole-milk mozzarella, Parmesan, Neufchatel cheese)&lt;br&gt;• Regular ice cream, premium frozen yogurt&lt;br&gt;• Cream, half and half, whipping cream, nondairy or flavored creamer, whipped topping, sour cream</td>
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<td><strong>Dairy Products</strong></td>
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| Fats and Oils 6 tsp/day or less | • 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 | • 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 | • 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 | • 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 | • 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! | • Soups containing whole milk, cream, meat fat, poultry fat, or poultry skin |
| Vegetables 3-5 servings/day minimum | • Fresh or frozen, without added fat or salt | • Vegetables fried or prepared with butter, cheese, or cream sauce |
| Fruits 2-4 servings/day | • Fresh, frozen, canned (in natural juice) or dried | • Fried fruit or fruit served with butter, whip cream, or cream sauce |

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| **Fruits** Continued | • Fruit juice: fresh frozen, frozen or canned. Water down to reduce sugar & calories  
• Stir fried with small amounts of ok oils | • Candy made with milk chocolate, chocolate, coconut oil, palm kernel oil, palm oil  
• Ice cream and frozen treats made with regular ice cream  
• Commercially baked pies, cakes, doughnuts, high-fat cookies, cream pies |
| Sweets and Modified fat desserts | • Sweets: syrup, turbinado sugar, honey, jam, preserves, fruit-flavored gelatin  
• Frozen desserts: low-fat and nonfat yogurt, low-fat and nonfat ice cream, sherbet, sorbet, fruit ice, popsicles  
• Small amounts of dark chocolate  
• Cookies, cake, pie, pudding-prepared with egg whites, egg substitute, skim milk or 1% milk and unsaturated oil; ginger snaps; fig and other fruit bar cookies; fat-free cookies; angel food cake; desserts with ≤3g fat per serving | ***If triglycerides are above normal avoid foods in this section***