

CHOLESTEROL/TRIGLYCERIDE LOWERING DIET

Instructions for Patient

1. The purpose of this diet is to achieve and maintain a healthy range of blood fats known as cholesterol and triglycerides. This will lower your risk for cardiovascular disease such as stroke and heart attack and for circulation problems.
2. Achieve and maintain a healthy weight by making appropriate food choices, limiting the amount you eat and participating in a regular program of activity. (Check with your physician first). Excess weight is associated with high cholesterol and triglyceride levels.
3. Follow Canada's Food Guide to plan nutritionally balanced meals and snacks.
4. Healthy eating means choosing foods that are lower in fat, sugar, and snacks.
5. Certain types of fibre lower cholesterol and triglyceride levels. These include the fibre in oats (oatmeal and oat bran), barley, fruit, legumes, dried peas, beans, and lentils. Use these fibre foods in addition to whole grain breads, cereals, and vegetables.
6. By using less fat in your diet, you can achieve better cholesterol and triglyceride levels, but there are other facts to consider.
 - Saturated vs. unsaturated. Saturated or animal fats raise blood cholesterol and triglyceride levels. They are found in fatty and highly marbled meats, lard, butter, whole milk, cream, regular cheese, and imitation dairy products such as coffee creamers. Cocoa butter coconut and palm oils are also high in saturates. Unsaturated or vegetable fats lower blood cholesterol and triglyceride levels and include peanut, olive, canola oil, corn, safflower, and soybean.
 - Hydrogenation. This process changes unsaturated fats to saturated fats. A vegetable oil that is hydrogenated (e.g., margarine sold in sticks or squares, and shortening) will not be effective in lowering blood cholesterol and triglycerides. Choose margarines that contain a maximum of 25% saturates. Read your labels.
 - Cholesterol in the diet. Cholesterol is found in foods of animal origin, such as meat, fish, and poultry, as well as in dairy products. Organ meats and egg yolks are very high in cholesterol and should be limited to a maximum of 3-4 servings per week. **IT MAY BE MISLEADING TO THINK THAT AVOIDING HIGH CHOLESTEROL FOODS ALONE WILL LOWER CHOLESTEROL AND TRIGLYCERIDES.**

Sample Menu

BREAKFAST	LUNCH	SUPPER
<p>Orange sections Rolled oats, 1% milk, sugar Whole wheat toast Tub margarine, jam Coffee, 1% milk</p>	<p>Turkey sandwich on whole wheat bread (light mayonnaise, tub margarine) Carrot Sticks Oatmeal cookies 1% milk Tea, 1% milk</p>	<p>Roast beef (90 – 120 g or 3 – 4 oz) Mashed potato (with 1% milk) Corn niblets Whole wheat roll (tub margarine) Fresh Fruit 1% milk Tea, 1% milk</p>

Foods Allowed / Not Allowed

	FOODS ALLOWED	FOODS TO AVOID/LIMIT
<p>MILK and MILK PRODUCTS</p>	<p>As desired: skim milk (dry, fluid or evaporated), 1% milk, skim milk, yogurt and buttermilk, dry curd or 1% cottage cheese.</p> <p style="text-align: center;">In moderations: cheese less than 20% milk fat, e.g.,</p>	<p>Whole (4%) milk, chocolate milk, whole milk products, non-dairy creamers.</p> <p>All other cheese (including regular and light cream cheese).</p> <p>Cream of any type (including sour cream), blend, prepared whipped toppings</p>

	ricotta, partly skimmed, mozzarella, skim milk processed cheese. Powdered whipped topping made with low fat milk.	
MEAT, FISH, POULTRY and ALTERNATES Maximum 240 g (8 oz) daily	Fresh or frozen fish, shellfish, imitation seafoods, poultry, veal, lean beef, pork, ham or lamb. Game, e.g., venison, rabbit. Egg white and substitute Egg yolk: maximum 3-4 week. Organ meats: 90 g (3 oz) can replace 1 egg yolk Dried peas, beans, legumes, lentils, tofu In moderation: peanut butter	Processed meats, e.g., bologna, wieners, sausages, bacon, salami, pepperoni, luncheon meats. Poultry skin Fish packed in oil
FRUITS and VEGETABLES	All except	Fried vegetables or those in sauces, butter or pastry
BREADS and CEREALS Whole grain and oat products preferred	Yeast breads In moderation: quick breads, muffins, waffles, pancakes, biscuits (made with allowed ingredients) Soda crackers, graham crackers, Milk Lunch* All cereal except Pastas: macaroni, spaghetti, noodles Rice	Cheese bread, croissants Commercial muffins, biscuits, waffles, and pancakes Snack crackers Granola type Preseasoned pasta, rice and noodle mixes

<p>FATS and OILS</p> <p>Limit to 15-30 mL (3-6 tsp) / day</p>	<p>Soft tub margarines (less than 25% saturated fat), Peanut, olive, canola, corn, sunflower, safflower, soybean, sesame oils.</p> <p>Salad dressing : homemade with allowed ingredients, low calorie non-creamy commercial salad dressings, light mayonnaise.</p> <p>Oil free salad dressing far free gravy</p>	<p>Butter, all other margarines, blended vegetable oils, lard shortening, meat and bacon fat, regular gravy and sauces.</p> <p>All other commercial salad dressings</p>
<p>SOUP</p>	<p>Homemade (low fat) soup Commercial broth-type soup</p>	<p>Commercial cream soups and chowders</p>
<p>SWEETS</p>	<p>Gelatin desserts such as JELL-O*, fruit ices such as Popsicles* sherbet, pudding made with skim or 1% milk, angel food cake.</p> <p>Jam, jelly, honey, molasses, sugar, syrup</p> <p>In moderation: baked goods from allowed ingredients, frozen yogurt.</p>	<p>Ice cream, ice milk</p> <p>Chocolate or those candies made with butter, cream or coconut</p>
<p>MISCELLANEOUS</p>	<p>Seasonings, spices, herbs</p> <p>Mineral and soda water carbonated beverages, tea, coffee, Postum*, Ovaltine*, cocoa and carob powder.</p> <p>Springly: nuts</p> <p>In moderation and with physician approval: alcohol</p>	<p>Fried foods</p> <p>Potato chips, party snacks, buttered popcorn.</p> <p>Regular TV dinners, casserole mixes</p>

*Registered Trademark

Recommended Sources:

Lindsay, A. (1988). *The Lighthearted Cookbook*. Toronto: Key Porter Books Ltd.

Lindsay, A. (1991). *The Lighthearted Everyday Cookbook*. Toronto: Key Porter Books Ltd.

Watson, J. (1991). *Cooking On A Shoestring (The Heart and Stroke*