

LOW-CHOLESTEROL – LOW FAT

FOODS/BEVERAGES ALLOWED

FOODS/BEVERAGES TO AVOID

BEVERAGES

Coffee, tea, skim milk, buttermilk made from skim milk; non-fat milk solids, yogurt made from skim milk; carbonated beverages.

Whole milk, 2% milk, cream, instant cocoa.

BREADS

Rye, whole wheat, white bread; plain rolls, Buns, graham or soda crackers.

Butter rolls, cheese bread, other crackers, corn bread, sweet rolls, doughnuts, pancakes, waffles, french toast, biscuits; commercially-fried foods.

CEREAL AND CEREAL PRODUCTS

All cooked or dry cereal without coconut; rice, macaroni, noodles.

Cereal with coconut; products prepared with cheese, butter or cream sauces.

SOUPS

Broth, bouillon, milk soups made with skim milk and margarine; vegetable soup.

Commercial soups, except vegetable; creamed soups.

MEATS, POULTRY, FISH, EGGS AND CHEESE

Limit meats to 6oz. daily: Lean beef, corn beef, ham, lamb, pork, veal, chicken and turkey without skin; all fish except shrimp. Creamed cottage cheese, low fat cheeses, ricotta, sapsago. Limit egg yolks to 2 per week; egg whites as desired, egg substitutes.

Canned meats, luncheon meats, sausage, frankfurters; liver and other organ meats; duck, goose, shrimp. All other cheeses not on allowed list. Egg yolk in excess of 2 per week.

VEGETABLES

Any vegetable prepared without butter, cheese or cream sauce; white potatoes, sweet potatoes.

Vegetables prepared with butter, cheese or cream sauce; potato chips.

FRUITS

Any fresh, frozen, canned or dried fruit or juice.

None.

DESSERTS

Angel food cake, fruit ice, gelatin, meringue, pies made with allowed foods, pudding made with skim milk, sherbet.

All other cakes, cookies, ice cream, ice milk, commercial pies, pastries, and puddings, commercial mixes.

FATS

Special margarine, i.e. corn oil or safflower oil margarines which list liquid oil as the first ingredient on the label, French or Italian dressing, Peanut butter.

Butter, other margarine, cream, cream cheese, sour cream, coconut oil, palm oil, lard, bacon, meat fat, whipped toppings.

MISCELLANEOUS

Condiments, herbs, spices, vinegar, olives, pickles, nuts except cashew and macadamia; sugar, honey, jam, syrup and jelly.

Chocolate, coconut, cashews, macadamia nuts, regular gravy.