



# Permian Internal Medicine Associates

403 Pittsburg Avenue | Odessa, Texas 79761

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## **GUIDELINES FOR LOW CHOLESTEROL LOW TRIGLYCERIDE DIETS FOODS TO USE**

- Meats** Choose lean meats such as chicken, turkey, and non-fatty cuts of beef with excess fat trimmed. One serving is about 3 oz. of cooked meat. Also, fresh or frozen fish and canned fish packed in water. Meats and fish should be broiled in the pan or oven, or baked on a rack.
- Eggs** You can use egg whites freely. Limit 3 egg yolks per week
- Fruit** Eat three servings of fresh fruits per day (1 serving = ½ cup). Be sure to have at least one citrus fruit per day. Frozen or canned fruit with no sugar or syrup added may be used.
- Vegetables** Most vegetables are not limited. One dark-green (string beans, escarole) or one deep-yellow (squash) vegetable is recommended daily. Vegetables may be broiled, steamed, strained, or braised with polyunsaturated - vegetable oil.
- Beans** Dried peas or beans may be used as a bread substitute. (1 serving = ½ cup)
- Nuts** Pecans, walnuts and peanuts may be used sparingly. (1 serving = 1 tbsp)
- Breads  
Grains** One roll or one slice of whole-grain or enriched bread may be used. Three soda crackers or four pieces of Melba toast may be used as a substitute. Spaghetti, rice or noodles (1½ cup) or ½ large ear of corn may be used as a bread substitute. In preparing these foods, do NOT use butter or shortening; use soft margarine. Also use egg and sugar substitutes.
- Cereals** Use ½ cup of hot cereal or ¾ of cold cereal per day. Add a sugar substitute if desired.
- Milk  
Products** Always use skim milk or skim milk products such as low-fat cheeses (farmers, uncreamed cottage, mozzarella), low-fat yogurt, and powdered skim milk
- Fats\Oils** Soft margarine and polyunsaturated vegetable oils derived from safflower, soybean, sunflower, corn or sesame seeds can be used.
- Desserts  
Snacks** Limit yourself to two servings per day; substitute each serving for a bread\cereal serving: ice milk, water sherbet (1/4 cup); unflavored gelatin or gelatin flavored with sugar substitute (1/3 cup); pudding prepared with skim milk (1/2 cup); egg white soufflés; unbuttered popcorn (1 ½ cups)
- Beverages** Limit yourself to 4 oz of fresh fruit juice per day. You can drink black coffee, plain or herbal teas, soft drinks with sugar substitutes, club soda; preferably salt free, cocoa made with skim milk or nonfat dried milk and water (sugar substitute added if desired); clear broth. Alcohol: limit two servings per day
- Miscellaneous** You may use the following freely: Vinegar, spices, herbs, nonfat bouillon, mustard, Worcestershire sauce, soy sauce, flavoring essence.



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## **GUIDELINES FOR LOW CHOLESTEROL LOW TRIGLYCERIDES DIETS FOODS TO AVOID**

### **Meats**

**Fish** Pork, bacon, sausage and other pork products; fatty fowl (duck, goose); skin and fat of turkey and chicken; processed meats; luncheon meats (salami, bologna); frankfurters and fast-food hamburgers (they're loaded with fat); organ meats (kidneys, liver); canned fish packed in oil. Shellfish such as lobster, shrimp, crab, oysters should be used sparingly.

**Eggs** Limit egg yolks to three per week.

**Fruits** Coconuts

**Vegetables** Avoid avocados and olives. Starchy vegetables such as potatoes, corn, lima beans, dried peas, beans may be used only if substituted for a serving of bread or cereal.

**Beans** Commercial baked beans with sugar and/or pork

**Nuts** Avoid nuts. Limit pecans, walnuts, and peanuts to 1 tbsp per day.

### **Breads**

**Grains** Any baked good with shortening and/or sugar. Commercial mixes with dried eggs and whole milk. Avoid sweet rolls, doughnuts, and breakfast pastries (Danish).

### **Milk**

**Products** Whole milk and whole milk packaged goods, cream, ice cream, whole milk pudding, yogurt, or cheeses and non-dairy cream substitutes.

### **Fats**

**Oils** Butter, saturated fats such as olive, peanut and coconut oil, lard, solid margarine, commercial salad dressings, gravies, bacon drippings, cream sauces

### **Desserts**

**Snacks** Fried snack foods like potato chips, chocolate, candies in general, jams, jellies, syrups, whole milk puddings, ice cream and milk sherbets, and hydrogenated peanut butter

### **Beverages**

Sugared fruit juices and soft drinks, cocoa made with whole milk and/or sugar. When using alcohol (1 oz liquor, 5 oz. beer, 2 ½ oz dry table wine per serving), one serving must be substituted for one bread or cereal serving (limit 2 servings of alcohol per day)

### **Special**

**Notes**

1. Remember that even non-limited foods should be used in moderation
2. While on cholesterol lowering diet, be sure to avoid animal fats and marbled meats.
3. While on triglyceride lowering diet, be sure to avoid sweets and to control the amount of carbohydrates you eat (starchy foods such as flour, bread, potatoes)
4. Consult your physician if you have any questions.