



FAT & CHOLESTEROL RESTRICTED DIET

FOOD GROUPS	RECOMMENDED	NOT RECOMMENDED
<p>Beverages:</p> <p>Serving Suggestion: 2 cups per day skim milk</p>	<p>Skim milk, 1% milk, lowfat buttermilk, nonfat chocolate drink, nonfat dry milk, coffee, tea, fruit drinks, decaffeinated beverages.</p>	<p>Cream. Milk: condensed, evaporated, 2%, whole, malted, shakes.</p>
<p>Breads and Cereals:</p> <p>Serving Suggestions: ½ cup or 1 slice bread; 6-11 servings per day.</p>	<p>All enriched and whole grain breads or yeast rolls, bread sticks, melba toast, graham crackers, saltines, pretzels and lowfat crackers, enriched and whole grain cereal. Homemade bread products with allowed ingredients. Pita bread, bagels, English muffins, rice cakes.</p>	<p>Commercial biscuits, muffins, sweet rolls, French toast, waffles, pancakes, doughnuts, cornbread, granola, fritters, snack crackers. Breads, rolls, and crackers that are high in fat and saturated oils.</p>
<p>Cheese and Yogurt:</p>	<p>Limit to 1 oz. lowfat cheese daily (3 grams fat/oz. or less), lowfat cottage cheese, farmers cheese. Nonfat or lowfat yogurt.</p>	<p>Cream cheese, processed cheese food and spreads, high fat cheeses (greater than 3 grams fat/oz.). Yogurt made from whole milk.</p>
<p>Desserts:</p>	<p>Fruit, fruit whips, fig bars, vanilla wafers, ginger snaps, commercial nonfat baked goods, angel food cake, fruit ice, sherbet, sorbet. Pudding made with skim or 1% milk, gelatin, lowfat frozen yogurt, popsicles.</p>	<p>Desserts made with whole milk, cream, egg yolks, butter, lard, and chocolate. High fat commercial cakes, cookies, pies, and prepared mixes containing ingredients not allowed.</p>
<p>Eggs:</p>	<p>Egg whites, cholesterol free egg substitutes, 3-4 egg yolks/ week.</p>	<p>More than allowed egg yolks per week.</p>
<p>Fats:</p> <p>Limit to 3-6 tsp per day.</p>	<p>Vegetable oils: safflower, canola, corn, sunflower, soybean, sesame seed, olive and peanut. Margarines with allowed liquid oil listed as first ingredient. Fat free salad dressings and gravies made with allowed vegetable oils.</p>	<p>Coconut and palm oil, lard, bacon, fat, butter. Margarine made with saturated fat. Salad dressings made with egg yolks. Cream, sour cream and whipped topping.</p>
<p>Fruit:</p> <p>Serving Suggestion: ½ cup or 1 piece fresh; 2-4 servings per day, including 1 citrus.</p>	<p>All fresh, frozen, canned or dried fruits and fruit juices.</p>	<p>Coconut, avocado, olives.</p>

FOOD GROUPS	RECOMMENDED	NOT RECOMMENDED
<p>Meats, Fish, Poultry, Dried Beans and Peas:</p> <p>Limit meat, fish and poultry to 6 ounces cooked per day. Limit red meat to three 3 ounce servings per week. Limit shrimp to one 3 ounce serving per week.</p>	<p>Lean, well-trimmed beef, pork and lamb; lean fish, skinless chicken and turkey. Water packed canned tuna and salmon. Oysters, scallops, clams, crab, lobster, and shrimp. Dried beans, peas, and lentils.</p>	<p>High fat cuts of meat. Poultry skin, goose, duck, fatty meats, bacon, luncheon meats, organ meats, such as liver, sausage, frankfurters, caviar.</p>
<p>Potatoes and Substitutes:</p>	<p>Whole wheat noodles, white or sweet potatoes, whole grain rice, rice, spaghetti.</p>	<p>Any cooked with added fat. Potato chips, chow mien noodles.</p>
<p>Soups:</p>	<p>Fat free broth or bouillon, meat or milk soups made with skim milk and allowed amount of vegetable oil margarine; fat free broth based soups.</p>	<p>Soups made with meat fat, butter, cream or whole milk. Fatty broths.</p>
<p>Sweets:</p>	<p>Honey, jam, jelly, marmalade, marshmallows, molasses, sugar, syrup. Candies made with allowed foods. Hard candies, gumdrops, jelly beans, plain mints.</p>	<p>Candies made with whole milk, cream, butter, coconut, coconut oil, cocoa butter or chocolate.</p>
<p>Vegetables:</p> <p>Serving Suggestion: ½ cup cooked or 1 cup raw. 3-5 servings per day.</p>	<p>All fresh, frozen or canned. Vegetable juices.</p>	<p>Cooked with added fat, whole milk, cream and cheese.</p>
<p>Miscellaneous:</p>	<p>Herbs, spices, popcorn and pretzels, natural peanut butter (limit to 2 Tbsp. serving). Baking cocoa.</p>	<p>Cream sauce made with whole milk and butter. Snack chips, hydrogenated peanut butter, buttered popcorn, commercial microwave popcorn.</p>