



Weight Management

Foods to Avoid

GUIDELINES FOR LOW CHOLESTEROL, LOW-TRIGLYCERIDE DIETS FOODS TO AVOID

MEATS & FISH

AVOID OR LIMIT:

- FATTY CUTS OF BEEF OR PORK (MARBLED MEAT)
- BACON, SAUSAGE, HOT DOGS, PROCESSED LUNCHEON MEATS (SALAMI, BOLOGNA)
- FATTY POULTRY (DUCK, GOOSE) AND SKIN OF CHICKEN OR TURKEY
- ORGAN MEATS (LIVER, KIDNEYS)
- CANNED FISH PACKED IN OIL (CHOOSE WATER-PACKED INSTEAD)

EGGS

LIMIT EGG YOLKS TO TWO PER WEEK. EGG WHITES ARE FINE.

FRUITS

LIMIT COCONUT AND COCONUT PRODUCTS (HIGH IN SATURATED FAT)

STARCHY VEGETABLES

- EAT POTATOES, CORN, AND PEAS IN MODERATION
- BEANS ARE GENERALLY HEALTHY; AVOID BAKED BEANS WITH ADDED SUGAR OR PORK

NUTS

- LIMIT PEANUTS IF EATEN IN LARGE AMOUNTS. AVOID NUTS COATED IN SUGAR OR SALT.
- PREFER WALNUTS, ALMONDS, AND OTHER UNSALTED NUTS

BREADS & GRAINS

- AVOID BAKED GOODS WITH SHORTENING, TRANS FATS, OR ADDED SUGAR:
- AVOID DOUGHNUTS, SWEET ROLLS, BREAKFAST PASTRIES
- AVOID SWEETENED PACKAGED CEREALS





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MILK PRODUCTS

AVOID OR LIMIT:

- WHOLE MILK, CREAM, ICE CREAM, WHOLE-MILK PUDDINGS, AND FULL-FAT YOGURT OR CHEESES
- NONDAIRY CREAM SUBSTITUTES THAT ARE HIGH IN SATURATED FAT

FATS & OILS

AVOID:

- BUTTER, LARD, ANIMAL FATS, BACON DRIPPINGS
- GRAVIES AND CREAM SAUCES MADE WITH FULL-FAT DAIRY
- PALM OIL AND COCONUT OIL (HIGH IN SATURATED FAT)
- PRODUCTS LABELED "CHOLESTEROL-FREE" IF THEY CONTAIN HYDROGENATED FATS (TRANS FATS)

DESSERTS AND SNACKS

AVOID OR LIMIT:

- FRIED SNACK FOODS AND CHIPS
- CHOCOLATE AND CANDY
- JAMS, JELLIES, AND SYRUPS WITH ADDED SUGAR
- WHOLE-MILK PUDDINGS AND ICE CREAM
- HYDROGENATED PEANUT BUTTER (CONTAINS TRANS FATS)

BEVERAGES

AVOID OR LIMIT:

- SUGARY FRUIT JUICES, SOFT DRINKS, AND SPORTS DRINKS
- COCOA MADE WITH WHOLE MILK AND ADDED SUGAR

SPECIAL NOTES

Buy a good low-fat cookbook, such as the one published by the American Heart Association. Consult your physician if you have any questions.



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Foods to Use

GUIDELINES FOR LOW CHOLESTEROL, LOW-TRIGLYCERIDE DIETS FOODS TO USE

MEAT & FISH

- CHOOSE LEAN MEATS: CHICKEN, TURKEY, VEAL, OR BEEF WITH FAT TRIMMED (1 SERVING = 3 OZ COOKED)
- FISH: FRESH, FROZEN, OR CANNED IN WATER
- SHELLFISH (LOBSTER, CRAB, SHRIMP, OYSTERS): EAT SPARINGLY, NO MORE THAN 1 SERVING PER WEEK (HIGH IN CHOLESTEROL BUT LOW IN SATURATED FAT)
- COOKING METHODS: BAKE, BROIL, OR GRILL. AVOID FRYING OR COOKING IN ADDED FATS.

EGGS

- EGG WHITES OR EGG SUBSTITUTES: EAT FREELY
- EGG YOLKS: LIMIT TO 2 PER WEEK

FRUITS

- EAT 3 SERVINGS OF FRUIT PER DAY (1 SERVING = ½ CUP)
- INCLUDE AT LEAST ONE CITRUS FRUIT DAILY (ORANGES, MANDARINS, TANGERINES, GRAPEFRUITS)
- FROZEN OR CANNED FRUIT IS OKAY IF NO ADDED SUGAR OR SYRUP

VEGETABLES

- MOST VEGETABLES CAN BE EATEN FREELY
- INCLUDE ONE DARK GREEN OR DEEP YELLOW VEGETABLE DAILY (E.G., SPINACH, BROCCOLI, SQUASH)
- FIBER-RICH VEGETABLES LIKE CAULIFLOWER, BROCCOLI, CELERY, AND POTATO SKINS HELP LOWER CHOLESTEROL
- COOKING METHODS: STEAM, BOIL, BAKE, AIR FRY, OR BRAISE USING HEALTHY OILS (LIKE OLIVE OR CANOLA OIL)





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BEANS

DRIED BEANS OR PEAS ($\frac{1}{2}$ CUP) CAN BE USED INSTEAD OF BREAD

NUTS

- SEEDS: PUMPKIN, SESAME, SUNFLOWER – USE FREELY
- NUTS: ALMONDS, WALNUTS,
- PEANUTS – USE SPARINGLY (1 TABLESPOON PER SERVING)

BREAD & GRAINS

- CHOOSE WHOLE GRAIN OR ENRICHED BREAD
- PASTA, RICE, NOODLES ($\frac{1}{2}$ CUP) OR $\frac{1}{2}$ EAR OF CORN CAN REPLACE A BREAD SERVING
- USE HIGH-FIBER GRAINS LIKE OATS OR WHOLE WHEAT
- AVOID BUTTER OR SHORTENING WHEN COOKING

MILK PRODUCTS

- CHOOSE SKIM OR 99% FAT-FREE MILK
- USE LOW-FAT CHEESES, COTTAGE CHEESE, YOGURT, OR POWDERED SKIM MILK





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FATS & OILS

- USE SOFT (NOT STICK) MARGARINE
- USE VEGETABLE OILS HIGH IN POLYUNSATURATED FATS: SAFFLOWER, SUNFLOWER, SOYBEAN, CORN, OR COTTONSEED
- REMOVE FAT FROM MEAT DRIPPINGS BEFORE MAKING GRAVIES

BEVERAGES

- FRESH FRUIT JUICE: LIMIT TO 4 OZ PER DAY
- OTHER DRINKS: HERBAL TEA, CLUB SODA, SKIM MILK, COCOA MADE WITH SKIM MILK, CLEAR BROTHS

MISCELLANEOUS

YOU MAY USE THE FOLLOWING FREELY: VINEGAR, SPICES, HERBS, NONFAT BOUILLON, MUSTARD, WORCESTERSHIRE SAUCE, SOY SAUCE.

