

# Food Guidelines to Lower Cholesterol, Triglycerides (Foods to Avoid)

## Meats and Fish

Limit portion sizes to 3 ounces. Avoid marbled beef, duck, goose, processed meats (hot dogs, sausages), luncheon meats (salami, bologna), organ meats (kidneys, liver) and meats with a lot of visible fat. When eating chicken and turkey, remove the skin.

## Eggs

Limit the use of egg yolks to 2 a day (8 a week). This includes egg yolks used in cooking. Consider using egg whites or substitute.

## Fruits

Do not eat coconut which are high in saturated fat. Avoid canned or frozen fruit in heavy syrup, added sugar or both.

## Vegetables

Limit deep-fried and breaded vegetables (french fries, okra, zucchini). You may eat starchy vegetables (potatoes, corn) for a serving of bread and grains.

## Breads and Grains

Avoid baked goods with shortening, partially hydrogenated oils and sugar. Also, avoid commercial mixes with dried eggs and whole milk. Avoid sweet rolls, doughnuts and breakfast pastries (Danish pastry).

To lower triglycerides, limit refined carbohydrates (white rice, white pasta, white bread).

## Beans

Avoid baked beans with added ingredients such as sugar or pork.

## Nuts

Nuts contain monounsaturated and polyunsaturated fats but are high in calories. If you are trying to lose weight you should limit the amount of these foods you eat.

## Cereals

Avoid sweetened hot or cold cereals. (Sugar is usually one of the first few ingredients.)

## Dairy Products

Avoid whole milk and whole-milk packaged goods, cream, ice cream, puddings made with whole milk, whole-milk yogurts and cheeses, and flavored yogurts.

## Fats and Oils

Avoid butter, lard, animal fats, bacon drippings, gravies, cream sauces, and palm, palm kernel and coconut oils. These are all high in saturated fats.

Look at the ingredients list and make sure the product does not contain “trans fats” or “partially hydrogenated oil.” These are oils that have been hardened into solids. Stick margarine is an example of a product that may contain trans fats. Other products that may contain trans fats are bakery products, cookies and crackers. (Trans fats and saturated fats are not the same thing, but both can raise your bad cholesterol.)

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## Desserts and Snacks

Avoid fried snack foods (potato chips), chocolate and candies.

## Beverages

Avoid sugared fruit juices, soft drinks, and cocoa made with whole milk, sugar or both. Limit alcohol to 2 servings a day for men and 1 serving a day for women. Follow your health care provider's directions for alcohol use.

## Other

Avoid jams; jellies; syrups; and honey, agave syrup and other sweeteners.

## Special Notes

- Eat all foods in moderation.
- Read labels and ingredient lists carefully.
- When trying to lower triglycerides, limit the amount of candy; sweets; starchy, refined foods (breads, cereals, pasta) and high-fat foods (fatty meats, fried foods) you eat.
- Buy a good heart-healthy cookbook such as the one published by the American Heart Association.
- Ask your health care provider if you have any questions.