

Food Guidelines to Lower Cholesterol, Triglycerides (Foods to Eat)

Meats and Fish

Limit portion sizes to 3 ounces. Choose lean meats: chicken, turkey, lamb, veal and non-fatty cuts of beef. Make sure to trim all visible fat from meat before cooking and remove the skin from chicken and turkey. Choose fresh or frozen fish and shellfish and canned fish packed in water. It is recommended to eat fish 2 times a week.

Eggs

Eat egg substitutes and egg whites as often as you want. Limit the use of egg yolks to 2 a day (8 a week). This includes egg yolks used in cooking.

Fruits

Eat 2 to 3 servings of fruit every day. Be sure to have at least 1 citrus fruit every day. One-half cup no-sugar-added 100% juice equals 1 fruit serving.

Vegetables

Eat at least 3 servings of vegetables every day. You should eat 1 dark green (string beans or spinach) or 1 deep yellow (squash) every day. You should eat cauliflower, broccoli, celery and potato skins for their high fiber content. Fiber can help reduce your cholesterol level. Avocados and olives contain monounsaturated fats but are high in calories. If you are trying to lose weight you should limit the amount of these foods you eat.

Breads and Grains

Make half of your grains whole grains. Choose whole-grain breads and pasta, or brown or wild rice.

Beans

Eat dried beans (legumes), dried peas and lentils. Do not add lard, butter or coconut oil when cooking with beans.

Nuts

Nuts are high in fat and calories but most of the fat is unsaturated. Limit portions to $\frac{1}{4}$ cup (1 ounce).

Cereals

Choose whole-grain cereals such as oatmeal and cold cereals made from oats, whole wheat or other whole grains. Each serving of cereal should contain at least 2 grams of fiber.

Dairy Products

Choose skim or 1% milk, low-fat cheese (farmer's cheese, part-skim mozzarella, ricotta, low-fat or fat-free cottage cheese, reduced-fat or fat-free cream cheese). Note: Many of these cheeses are moderate to high in sodium.

Eat plain low-fat or fat-free yogurt with fresh or frozen fruits, nuts or oats. Flavored yogurts typically have added sugars which may increase your triglyceride level.

Fats and Oils

Use vegetable oils that are higher in monounsaturated fat such as olive, canola, peanut and avocado oils. You may use small amounts of soft tub margarine that do not contain partially hydrogenated oil in the ingredients list.

Desserts and Snacks

Eat low-fat snacks that are low in added sugar. These include: unflavored gelatin or gelatin flavored with a sugar substitute, sugar-free pudding made with skim milk or air-popped popcorn with no butter or salt.

Did You Know?

The American Heart Association recommends no more than 24 grams (6 teaspoons) of sugar for women and 36 grams (9 teaspoons) of sugar for men a day.

Beverages

Drink lots of water. Choose black coffee, plain or herbal teas, sugar-free soft drinks, club soda or seltzer (salt-free) or cocoa made with skim milk and a sugar substitute.

Other

Use these as often as you want: vinegar, spices, herbs, fat-free bouillon and mustard.

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.