



Low Fat Low Cholesterol Diet

From The Kroll Medical Group

Fats

- Limit total intake of fats and oils.
- Avoid butter, stick margarine, shortening, lard, palm and coconut oils.
- Limit mayonnaise, salad dressings, gravies and sauces, unless they are homemade with low-fat ingredients.
- Limit chocolate.
- Choose low-fat and nonfat products, such as low-fat mayonnaise, low-fat or non-hydrogenated peanut butter, low-fat or fat-free salad dressings and nonfat gravy.
- Use vegetable oil, such as canola or olive oil.
- Look for margarine that does not contain trans fatty acids.
- Use nuts in moderate amounts. (1 handful a day of almonds, walnuts)
- Read ingredient labels carefully to determine both amount and type of fat present in foods. Limit saturated and trans fats.
- Avoid high-fat processed and convenience foods.

Meats and Meat Alternatives

- Choose fish (e.g. salmon, tuna, mackerel), chicken, turkey and lean meats.
- Use dried beans, peas, lentils and tofu.
- Limit egg yolks to three to four per week.
- If you eat red meat, limit to no more than three servings per week and choose loin or round cuts.
- Avoid fatty meats, such as bacon, sausage, franks, luncheon meats and ribs.
- Avoid all organ meats, including liver.

Dairy

- Choose nonfat or low-fat milk, yogurt and cottage cheese.
- Most cheeses are high in fat. Choose cheeses made from non-fat milk, such as mozzarella and ricotta cheese.
- Choose light or fat-free cream cheese and sour cream.
- Avoid cream and sauces made with cream.

Fruits and Vegetables

- Eat a wide variety of fruits and vegetables.
- Use lemon juice, vinegar or "mist" olive oil on vegetables.
- Avoid adding sauces, fat or oil to vegetables.
- Consider adding A Phytosterol (plant) Supplement

Breads, Cereals and Grains

- Choose whole-grain breads, cereals, pastas and rice.
- Avoid high-fat snack foods, such as granola, cookies, pies, pastries, doughnuts and croissants.

Cooking Tips

- Avoid deep fried foods.
- Trim visible fat off meats and remove skin from poultry before cooking.
- Bake, broil, boil, poach or roast poultry, fish and lean meats.
- Drain and discard fat that drains out of meat as you cook it.
- Add little or no fat to foods.
- Use vegetable oil sprays to grease pans for cooking or baking.
- Steam vegetables.
- Use herbs or no-oil marinades to flavor foods.