

a low cholesterol diet



A Diet Plan With High Fiber & Low Saturated Fat



keeping you healthy

the right plan for lower cholesterol

The addition of high, water-soluble, fiber foods to the diet has been found to help lower cholesterol. A choice from the following high fiber list should be used at each meal.

Oat bran and old fashioned oats

Dried beans such as pinto, navy and kidney; lentils; brown rice

Whole grain breads and cereals

Fruits and vegetables

daily recommendations

Fiber	<i>approx.</i> 30 grams
Cholesterol	< 200 mg
Saturated fat (<i>men</i>)	< 15 grams
Saturated fat (<i>women</i>)	< 12 grams
Trans fat	< 2 grams

guidelines for success

Simply substitute canola, olive or peanut oils for animal and other saturated fats in the preparation and seasoning of your food. Special unsaturated fat soft tub margarine may be used. Three margarines have been shown to lower cholesterol: Promise Activ,[®] Benecol[®] and Smart Balance[®] Omega Plus.

Using your list of permitted and restricted foods as a guide, follow the “*Recommended daily food plan*” for a healthy, nutritious diet. Select your dietary choice in the same manner as the normal family meal, modifying it only where necessary to meet the requirements of your particular meal plan.

Eat three meals daily and avoid skipping breakfast. Take meals of about the same size, avoiding large meals. Healthy snacks between meals may prevent excessive hunger and overeating.

Eat slowly, allowing a minimum of 20 minutes per meal to assist with feeling full.

Cook meat on a rack when broiling, roasting, or microwaving so that fat is able to drain off.

Avoid overcooking vegetables to preserve their natural flavor and vitamins. Enhance flavor with spices such as dill, rosemary, lemon, garlic, pepper or Mrs. Dash.[®] Try a calorie free buttery flavored spray.





restaurant dining tips

- 1 When in a restaurant, request margarines, salad dressings and sauces on the side.
- 2 For variety, consider dried beans or legumes as a main dish.
- 3 Choose roasted, broiled, stewed, or grilled meats, poultry and fish.
- 4 Choose fresh fruit for dessert.
- 5 If fast food is part of your lifestyle, better choices are:
 - Salads—use a vinaigrette or low calorie dressing when available*
 - Baked potatoes*
 - Single hamburger—without cheese, bacon or sauces*
 - Grilled, non-breaded chicken sandwiches without the sauces*

Make healthier fast food choices by planning ahead. Check restaurant websites or visit www.calorieking.com for nutrition information before you eat out.

Since most restaurant and fast food items are high in sodium, fat and calories, balance these with healthier items when eating at home.

recommended daily food

bread & cereals

AT LEAST 6 OUNCES PER DAY

- Whole grain breakfast cereals, bread, rice, pasta with more than 3 grams of fiber per serving
- Homemade oat bran muffins (Store bought varieties are often high in fat)

fruits & vegetables

2-4 FRUITS PER DAY, 2 1/2 CUPS OF VEGETABLES PER DAY

- Since fruits and vegetables come from plant origin, they contain no cholesterol and very little fat.
The only fruit with considerable amounts of saturated fat is coconut. Avocados, olives, nuts and seeds are considered heart healthy vegetables due to their large amount of monounsaturated fat content.
- Include each day a source of vitamin C
Citrus fruits, tomato juice, cantaloupe, kiwi fruit or strawberries
- For vitamin A, choose one or more servings of a yellow or a dark green vegetable.
- Fruit and vegetable selections may be fresh, frozen or canned in its own juice.
Beware of extra sugar or salt and less fiber in canned and juice selections.



plan



meat & meat substitute

6 OUNCES PER DAY

- No more than three egg yolks per week
- Egg whites and egg substitutes contain no fat or cholesterol and may be used liberally
- Lean meat, poultry, or fish

milk & dairy foods

2-3 CUPS PER DAY

- Select skim or 1% milk as a beverage or in cooking
- Choose non fat yogurt
- Select low fat or fat free cheeses
- Choose 1% or 2% cottage cheese

sample eating plan

Breakfast

- Orange
- Oatmeal
- Toast–
Whole grain or oat bran bread
Soft tub margarine (i.e. Promise Activ®)
Jelly
- Skim milk or light yogurt
- Non-calorie beverage

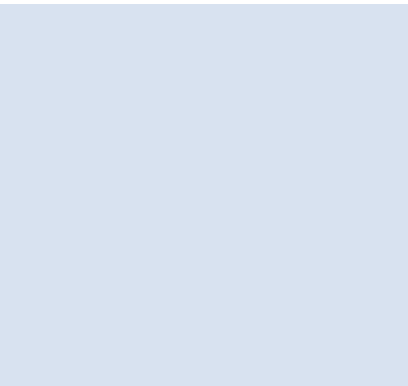
Lunch

- Tuna salad sandwich–
Whole wheat bread
Low fat mayonnaise
- Raw carrot strips
- Apple
- Skim milk or light yogurt
- Non-calorie beverage

Dinner

- Sliced white meat of turkey
- Baked sweet potato
- Broccoli
- Sliced tomatoes on lettuce
- Fresh fruit
- Dinner roll–
Whole grain
Soft tub margarine
- Skim milk or light yogurt
- Non-calorie beverage

it starts with a plan



cholesterol content of common foods

meat, fish & eggs	cholesterol (mg)
Liver (cooked) <i>3 oz</i>	372
Egg (yolk) <i>1 large</i>	252
Shrimp <i>3 oz</i>	128
Spareribs, fresh, braised <i>3 oz</i>	121
Ground beef, lean broiled <i>3.5 oz</i>	87
Veal <i>3 oz</i>	86
Lamb <i>3 oz</i>	83
Chicken <i>3 oz</i>	74
Lobster <i>3 oz</i>	72
Fish <i>3 oz</i>	43-60
Oysters <i>3 oz</i>	47
Salmon, pink <i>3 oz</i>	43
dairy foods	cholesterol (mg)
Ice cream <i>1/2 cup</i>	49
Whole milk <i>8 oz glass</i>	34
Cream cheese <i>1 oz</i>	31
Cheddar cheese <i>1 oz</i>	30
American cheese <i>1 oz</i>	28
Gouda cheese <i>1 oz</i>	21
Heavy whipping cream <i>1 tbsp</i>	20
Yogurt <i>1 cup</i>	17
Cottage cheese <i>1/2 cup</i>	12-24
Butter (1 pat) <i>1 tsp</i>	12
Half and half <i>1 tbsp</i>	6
Skim milk <i>8 oz glass</i>	5



general guidelines

food category	foods allowed	foods to limit
fats & oils	<p><i>Monounsaturated oils</i> Olive, canola and peanut oil</p> <p><i>Polyunsaturated oils</i> Safflower, sunflower, corn, soybean, cottonseed</p> <p><i>Soft tub margarine</i> Promise Activ,[®] Smart Balance[®] Omega Plus and Benecol[®] are 3 margarines shown to lower cholesterol</p> <p><i>Salad dressings</i> Made with unsaturated oils listed above, low-fat or fat-free</p> <p><i>Seeds and nuts</i> Natural peanut butter and peanuts, almonds, walnuts, other nut butters</p> <p>Cocoa powder</p>	<p>Coconut oil, palm kernel oil, palm oil</p> <p>Butter, lard, shortening, bacon fat, stick margarine</p> <p>Salad dressings made with egg yolk, cheese, sour cream, whole milk</p> <p>Coconut, milk chocolate, brazil nuts, macadamia nuts</p> <p>Peanut butter with hydrogenated oils</p>
fruits	Fresh, frozen, or canned (when available, choose fresh fruit instead of juice to increase dietary fiber)	Fried fruit or fruit served with butter or cream sauce, coconut, palm hearts
vegetables	Fresh, frozen, or canned (limit canned if watching sodium)	Fried vegetables or prepared with butter, cheese or cream
meat, fish & poultry	<p>Beef, pork, lamb—lean cuts, well trimmed before cooking, poultry with skin removed, fish, shellfish (limit shrimp one time per month), processed meat—prepared from lean meat (i.e. lean ham, turkey, roast beef, soy protein products)</p> <p>Limit to 6 oz per day</p> <p>Limit red meat to 3 oz from this list 3 times per week</p> <p>Lean cuts only</p>	<p>Beef, pork, lamb—regular ground beef, fatty cuts, spare ribs, organ meats</p> <p>Poultry with skin, fried chicken, fried shellfish, fried fish</p> <p>Regular luncheon meat (i.e. bologna, salami, sausage, frankfurters)</p>
seasonings	Salt (unless restricted), pepper, spices, herbs, extracts	For restricted sodium diets, limit seasonings made with salt including sea salt, garlic or onion salt, seasoning salt, meat tenderizers and soy



food category	foods allowed	foods to limit
potato or grains	White potato, sweet potato, whole grain pasta, brown rice, yams	French fries
soup	Broth without fat, soups made with skim milk or evaporated skim milk	Cream soups made with whole milk and cream
beverages	Coffee, coffee substitutes, tea, carbonated beverages, skim milk, buttermilk made from skim milk or evaporated skim milk	Whole milk, cream, chocolate flavored beverages, cream substitutes with coconut or palm oil
bread	Whole wheat, rye, oat is recommended (Natural Ovens™ bread is a good one to try)	Breads made with eggs and large amounts of saturated fats, coffee cakes, donuts, pastries
cereals	Choose cereals that have 3 or more grams of fiber per serving	Cereals with 2 or less grams of fiber per serving
cheese	1-2% cottage cheese and other cheese made from skim milk, low fat and fat free cheeses such as Kraft® 2% Singles, Cabot® Reduced Fat, Jarlsberg™ Lite	Cream cheese, cheddar cheese, and all others except those made from skim milk
eggs	Egg whites and egg substitutes may be used	Whole eggs; limit to no more than 3 yolks per week
desserts	<p>Pudding made from skim milk, angel food cake, gelatin, sherbet, fruit ice, fruit whips, meringue pastries, cakes, cookies made with unsaturated fats and egg allowance and skim milk</p> <p>If you need to restrict sugar because you have diabetes or high triglycerides, use sugar free desserts or Splenda® for baking use</p>	Chocolate, ice cream, puddings, milk sherbets, fudge, baked pastries, cakes, pies and fried foods made with butter, margarine, hydrogenated vegetable shortening, cream, whole milk, egg yolks

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