

High-Cholesterol, High-Triglyceride Foods to Avoid

MEATS, FISH	Pork, bacon, sausage, pork products Fatty fowl (duck, goose), skin and fat or turkey Luncheon meats (salami, bologna), frankfurters, fast-food hamburgers Organ meats (kidneys, liver) Canned fish packed in oil, shellfish (lobster, shrimp, crab, oysters) Avoid animal fats and marbled meats.
EGGS	Limit egg yolks to three per week.
FRUITS	Coconuts
VEGETABLES	Avocados and olives Starchy vegetables (potatoes, corn, lima beans, dried peas, beans) may be used only if substituted for a serving of bread or cereal.
BEANS	Commercial baked beans with sugar and/or pork
NUTS	Avoid nuts. Limit pecans, walnuts and peanuts to one tablespoon per day.
BREADS, GRAINS	Any baked goods with shortening and/or sugar. Commercial mixes with dried eggs and whole milk. Avoid sweet rolls, croissants, doughnuts, granola with coconut, and Danish breakfast pastry.
MILK PRODUCTS	Whole milk, whole milk packaged goods, whole milk puddings Cheeses, cream, ice cream, yogurt, sour cream, and non-dairy cream substitutes
FATS, OILS	Butter, solid margarine, lard, and saturated fats (olive, peanut, coconut oil) Cream sauces, bacon drippings, gravies, and commercial salad dressings
DESSERTS	Fried snack foods (potato chips), cheese and butter crackers, chocolate, candy, jams, jellies, syrups
SNACKS	Whole milk puddings, ice cream, milk sherbets. Hydrogenated peanut butter.
BEVERAGES	Sugared fruit juices and soft drinks, cocoa made with whole milk or sugar. One serving alcohol (1 oz. liquor, 5 oz. beer or 2 1/2 oz. dry wine) must be substituted for one bread or cereal serving with a daily limit of two servings of alcohol.

Low-Cholesterol, Low-Triglyceride Foods to Eat

- MEATS, FISH** Choose lean meats (chicken, turkey, veal and non-fatty cuts of beef with excess fat removed. One serving is equivalent to 3 oz. of cooked meat. Fresh or frozen fish, canned fish packed in water. Meat and fish should be broiled or baked on a rack.
- EGGS** Egg white may be used freely, yolks limited to three per week.
- FRUIT** Eat three serving of fresh fruit daily (1 serving = 1/2 cup), no added sugar or syrup. Include at least one citrus fruit daily.
- VEGETABLES** Most vegetables are not limited (see food to avoid). Vegetables may be boiled, steamed, strained or braised with polyunsaturated vegetable oil. One dark green or one deep yellow vegetable is recommended daily.
- BEANS** Dried peas or beans (1 serving = 1/2 cup) may be used as a bread substitute.
- NUTS** Pecans, walnuts and peanuts may be used sparingly (1 serving = 1 tablespoonful).
- BREADS, GRAINS** One roll or one slice of whole-grain or enriched bread may be used daily. Substitutes may include three soda crackers, four pieces melba toast, 1/2 large ear of corn, 1/2 cup spaghetti, rice or noodles. Low fat snacks such as pretzels, air-popped popcorn, rice cakes
- CEREALS** Use 1/2 cup hot cereal or 3/4 cup of cold cereal per day.
- MILK PRODUCTS** Always use skim milk or skim milk products, such as low-fat cheeses (farmers, uncreamed cottage cheese, mozzarella), low fat yogurt, and powdered skim milk.
- FATS, OILS** Soft margarine and polyunsaturated vegetable oils derived from safflower, soy-bean, sunflower, corn or sesame oil.
- DESSERTS & SNACKS** Limit to two serving daily; substitute each serving for a bread/cereal serving, ice milk, water sherbet (1/4 cup; unflavored gelatin or gelatin flavored with sugar substitute (1/3 cup); pudding prepared with skim milk (1/2 cup); egg white souffles, unbuttered popcorn (1 1/2 cups).
- BEVERAGES** Fresh fruit juices (limit 4 oz. per day); black coffee, plain or herbal teas; soft drink with sugar substitutes; club soda; cocoa made with skim milk or non-fat dried milk.
- MISCELLANEOUS** You may use the following freely: vinegar, spices, herbs, nonfat boullion, mustard, Worcestershire sauce, soy sauce and flavoring essence.



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Decreasing Cholesterol

WHY?

Lowering dietary fat can lower your risk of having a heart attack. The connection between fat in the diet and a heart attack is cholesterol, a fat-like substance produced by the liver and found in many animal products. Too much cholesterol is a cause of heart attacks because it can block the arteries that deliver blood to the heart.

A family history of heart disease, a diet high in saturated fats and cholesterol, smoking, lack of exercise and obesity can all contribute to the risk of hardening of the arteries. Saturated fats are converted into cholesterol and may raise your blood cholesterol level as much as or even more than the products containing cholesterol. You may feel fine even if you have a high cholesterol level or other risk factors. In fact, for many people a heart attack is the first sign of trouble.

Where do you begin?

Fortunately, many people can lower their blood cholesterol level to an acceptable level by changing their diets. By following a low-fat, low-cholesterol diet you can help control your blood cholesterol and reduce your risk of heart attack. A seven year government sponsored study showed that the risk of heart disease falls 2% for every 1% elevated blood cholesterol is lowered.

The first step toward healthier eating is to study the American Heart Association's low-fat, low-cholesterol diet and, if necessary, modify your eating habits. This diet can help you maintain or achieve desirable body weight. On this diet approximately 10% of your total calories should come from saturated fats, 10% from monosaturated fat and 10% from polyunsaturated fat. The following will help you learn more about fat.

Cholesterol

Cholesterol is a fat-like substance found only in animal products. Because dietary cholesterol raises blood cholesterol, intake must be limited. The American Heart Association recommends an intake of no more than 300 mg/day.

Examples of high-cholesterol foods: egg yolks, liver and other organ meats, shrimp, sardines.

Saturated Fats

These fats are usually solid at room temperature. Although they are most commonly found in animal products, saturated fats also occur naturally in such vegetable products as chocolate, coconut and in vegetable products that have been converted from a polyunsaturated fat to a saturated fat through hydrogenation. It is important to read food labels carefully. Although a label may correctly say "no cholesterol", the product

may contain a high level of saturated fat.

Examples of foods high in saturated fats: prime cuts of beef, lamb, pork, veal, luncheon meats, poultry skin, lard, butter, whole milk, cream, ice cream, cream sauces, cheeses made from whole milk, chocolate, coconut, coconut oil, palm oil and hydrogenated or partially hydrogenated vegetable shortening.

Monounsaturated Fats

These fats are usually liquid at room temperature and are found primarily in vegetable products. Current research indicates that monounsaturated fats have a favorable effect on blood cholesterol levels when eaten in moderation.

Example of foods high in monounsaturated fats: olive oil and peanut oil.

Polyunsaturated Fats

These fats are found primarily in vegetable products and are usually liquid at room temperature. When eaten in moderation, polyunsaturated fats have a cholesterol lowering effect.

Examples of foods high in polyunsaturated fats: safflower, sunflower, corn, soybean and cottonseed oils and margarines made from liquid vegetable oils.

Shopping

Use nutrition labels to learn how many of a food's calories come from fat. Protein and carbohydrates (sugars and starches) both have only four calories per gram. Fat contains approximately nine calories per gram. That's why high-fat foods are also high-calorie foods. Multiply the number of grams of fat by nine to find the amount of fat calories in the food. If more than 1/3 (33%) of the calories come from fat, it is a high-fat food and should be avoided or used sparingly.

Look at this nutritional label for example:

Four crackers: 152 calories; 4 grams protein, 16 grams carbohydrates, 8 grams fat

Multiple number of grams by 9 to find the amount of fat calories: $8 \times 9 = 72$ calories

Divide the fat calories by the total calories for the percentage of calories from fat: $72/152 = 47\%$

Thus, these crackers are a high-fat snack and should be avoided.

Examine all food labels closely. Some labels claim to have "no cholesterol", but their labels show that they do contain saturated vegetable fat. Read the ingredient label to be sure that you get the whole story and are able to identify those products containing saturated fats. High-fat ingredients may have many names. Some to avoid

are:

palm oil	palm kernel oil	coconut oil	
	beef tallow	lard	butter
	cream	cocoa butter	
	hydrogenated solid vegetable shortening		
	partially hydrogenated vegetable shortening		

Tips for Dining Out

Many people who follow their diets at home resume unhealthy habits when dining out. By following these tips, you can more easily adhere to your low-cholesterol, low-triglyceride diet.

- Avoid deep fried foods.
- Be polite but assertive when ordering meals. If asked, many restaurants will prepare foods as you request: broiled instead of fried, for example.
- Have sauces and salad dressing served on the side. This will let you limit the size of portions.
- Choose restaurants that serve such healthful entrees as baked or broiled chicken and fish.
- Oriental restaurants can be good choices. Order dishes that feature small portions of chicken, fish, or lean meat stir-fried with vegetables in a small amount of peanut oil.
- Italian restaurants can also be wise choices. Pasta with tomato sauce is a filling, low-fat meal. Avoid high-fat cheeses, sausages and fatty cuts of meat.
- At delicatessens, choose sliced turkey or lean roast beef sandwiches rather than high-fat sandwich meats and cheeses. Choose cole slaw, sliced tomatoes or a dill pickle spear instead of fries or chips.
- Even at fast-food restaurants, you can find relatively low-fat choices. Unfortunately their fish and chicken are usually deep fried in very saturated fats. Try a small broiled hamburger, roast beef sandwich or the salad bar.
- Eat a low-fat snack before going to a party or buffet where there will be a lot of high-fat food. This will curb your appetite and help prevent overeating.
- When dining with friends, it may be difficult to refuse high-fat foods. Eat small amounts of these foods and concentrate on the low-fat foods offered. With good friends, discuss your diet in advance. Don't be surprised if your hosts are also concerned about cholesterol.
- When traveling by plane, call the airline at least 24 hours in advance and request a low-fat, low-cholesterol meal. Many airlines will honor your request.