



Low-Fat/Low Cholesterol Diet

If you have any questions please call the dietitian for further information.

Food Group	Foods Allowed	Foods to Avoid
Meat/Meat substitute 6 oz or less/day	Lean cuts/well trimmed beef, pork, lamb; e.g., loin, round, select grade	Fatty cuts of beef, pork, lamb, regular ground beef, spare ribs, organ meats
	Poultry without skin	
	Fish, shellfish (without butter)	
	Processed meat prepared from lean meats, e.g., lean ham, lean frankfurters, lean meat with soy protein	
	Dry beans and peas	
	Tofu, tempeh; low-fat or nonfat meat analogs	
Eggs 2 or less yolks/week (3 if egg is fortified with omega-3 fats)	Egg whites (2 whites can substituted for one whole egg in recipes), cholesterol free egg substitute	Egg yolks (more than 2/week); includes eggs used in cooking and baking
Dairy products	Milk: skim, or 1% (fluid, powdered, evaporated), butter milk	Whole milk (fluid, evaporated, condensed), 2% fat milk
	Yogurt: nonfat or low-fat yogurt or yogurt beverage	Whole-milk yogurt, whole-milk yogurt beverages
	Soy or rice beverages-- 1% or nonfat	

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	Cheese: low-fat natural, processed or soy cheese with < 3g fat per serving	Regular cheeses (American, blue, Brie, cheddar, Colby, Edam, Monterey Jack, whole-milk mozzarella, Parmesan, Neufchatel cheese)
	Other low-fat or nonfat varieties, (e.g. low-fat, nonfat, or dry curd, 0-2% fat cottage cheese)	
	Frozen dairy dessert: low-fat or nonfat ice cream and frozen yogurt	Regular ice cream, premium frozen yogurt
	Low-fat or nonfat coffee creamer and sour cream	Cream, half and half, whipping cream, nondairy creamer, whipped topping, sour cream
Fats and Oils 6 tsp/day or less	Unsaturated oils: Olive, Canola, Peanut, Soybean	Coconut oil, palm kernel oil, and palm oil
	Margarine: made from oils listed above, light or diet margarine, especially soft or liquid forms. Use those with no trans fatty acids.	Butter, lard, shortening, bacon fat, stick margarine, margarine high in trans fats
	Salad dressings made with unsaturated oils listed above or low-fat/fat-free varieties	
	Seeds and Nuts: Natural peanut butter (2 T)	Coconut, peanut butter with hydrogenated fat added
	Cocoa powder	Milk chocolate
Breads, cereals, rice and pasta 6 or more servings/day	Breads with 2 g of fiber or more: whole grain, English muffins, bagels, buns, corn and flour tortillas	Breads in which eggs, fat and/or butter are a major ingredient, croissants, tortillas with lard
	Cereals: oat, wheat, corn, multigrain	Most granolas
	Whole wheat pasta	White pasta
	Brown rice	White rice
	Crackers: low-fat animal, graham, soda, bread sticks, melba toast, crackers with , 2g fat per serving and 2g fiber	High fat crackers, foods made with Olestra should be used with caution
	Homemade baked goods using unsaturated oils, skim or 1% milk, and egg	Commercially baked pastries, biscuits

	substitute--Quick breads, biscuits, cornbread muffins, bran muffins, pancakes, waffles	
Soups	Reduced or low-fat varieties, e.g. chicken or beef noodle, minestrone, tomato, vegetable, potato; reduced-fat soups made with skim milk--watch the out for the sodium in canned soups!	Soups containing whole milk, cream, meat fat, poultry fat, or poultry skin
Vegetables 3-5 servings/day	Fresh, frozen, without added fat or salt	Vegetables fried or prepared with butter, cheese, or cream sauce
Fruits 2-4 servings/day	Fresh, frozen, canned (in natural juice) or dried	Fried fruit or fruit served with butter or cream sauce; avocados; olives
	Fruit juice: fresh frozen, frozen, canned	
Sweets and Modified fat desserts	Beverages: water, 100% juice, decaf tea	
	Sweets: syrup, Turbinado sugar, honey, jam, preserves, fruit-flavored gelatin	Candy made with milk chocolate, chocolate, coconut oil, palm kernel oil, palm oil
	Frozen desserts: low-fat and nonfat yogurt, low-fat and nonfat ice cream, sherbet, sorbet, fruit ice, popsicles	Ice cream and frozen treats made with regular ice cream
	Cookies, cake, pie, pudding- prepared with egg whites, egg substitute, skim milk or 1 % milk and unsaturated oil; ginger snaps; fig and other fruit bar cookies; fat-free cookies; angel food cake; desserts with , 3g fat /serving ❖ If triglycerides are above normal avoid all of the above	Commercially baked pies, cakes, doughnuts, high-fat cookies, cream pies