

LOW CHOLESTEROL DIET

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The diet is planned to reduce total dietary fat to about 30% of total kilojoules (Calories). 10% or one-third from saturated fats and 20% or two-thirds from monounsaturated and polyunsaturated fats.

NUTRITIONAL ADEQUACY

When planned to include recommended servings from the Five Food Groups, this diet can be nutritionally adequate.

FOOD CHOICES CHART

- also refer to Food Allowance Chart

Foods to Choose	Foods to Avoid
<p>Breads and Cereals</p> <ul style="list-style-type: none"> - Preferably wholegrain bread, cereal, rice pasta - Crisp breads, water biscuits, cracker breads 	<ul style="list-style-type: none"> - Cereals-toasted or containing coconut, chocolate - Commercial cakes pastry, biscuits, most crackers, fancy breads
<p>Vegetables/Salads</p> <ul style="list-style-type: none"> - All vegetables and salad-fresh, frozen (without added fat), canned (no added salt) 	<ul style="list-style-type: none"> - Fried/roasted vegetables with fat - Vegetables with added fat - Avocados, olives
<p>Fruit</p> <ul style="list-style-type: none"> - Fresh/frozen/canned/dried - Fruit Juice 	<ul style="list-style-type: none"> - Fruit pies/pastries made with saturated fat
<p>Meat/Meat Alternatives Daily Allowance = 2 serves</p> <ul style="list-style-type: none"> - Lean-beef, lamb, veal, pork (new fashioned), poultry, rabbit - Fish, fish canned in water - Oysters, scallops, mussels, crayfish, lobster, crab - Limit prawns, shrimp, squid - Dried beans, peas and lentils 	<ul style="list-style-type: none"> - Fatty meat, bacon, sausages, continental sausages, canned meat, hamburger mince, duck, offal e.g. liver, kidney, tripe etc. - Fish canned in oil, fish/meat paste, commercial fish dishes
<p>Eggs</p> <ul style="list-style-type: none"> - Egg whites, Yolk-free egg mix - Avoid or limit to 2 egg yolks per week 	<ul style="list-style-type: none"> - Extra eggs

D MENU FOR LOW FAT DIOLESTEROL DIET

BREAKFAST

Fruit or juice
Wholegrain cereal
Baked beans/grilled tomatoes/cottage cheese
Wholegrain toast (as desired)
Margarine (spread thinly)
Skim milk or low fat milk
Tea/coffee

MORNING TEA

Fresh fruit
Water/tea/coffee

LUNCH OR TEA

Wholemeal sandwich with 60 grams lean meat/chicken/tuna/salmon and salad
Or
60 grams lean meat/chicken/tuna/salmon with salad
Wholemeal roll (as desired)
Margarine (spread thinly)
Fresh fruit/non fat yoghurt
Water/tea/coffee

AFTERNOON TEA

Dry biscuits with low fat cottage cheese and sliced tomatoes
Water/tea/coffee

DINNER

60 grams lean meat/chicken/fish
or
Low fat vegetarian dish
Fat free potato/brown rice/high fibre pasta (as desired)
Vegetables/salad without fat
Dessert made with fruit and low fat mild eg banana custard
Water/tea/coffee

SUPPER

Skim or low fat milk
Or
Non fat yoghurt
Dry biscuits or crackers

PREPARATION HINTS:

Refer to Food Preparation Guidelines page 3

Foods to Avoid

Milk Products

- Skim milk (fresh or powdered), evaporated skim milk
 - Non fat yoghurt, skim cottage cheese
- Limit** fat reduced milk, low fat cheese, eg ricotta and Cotto, ice cream made with polyunsaturated fats.

- Full cream milk, evaporated milk, condensed milk, coffee whiteners
- Full cream yoghurt, cream, sour cream, cream cheese, ice cream
- Cheese spreads and all other cheese

Nuts

In moderation . almonds, hazelnuts, pecans, pinenuts, sesame seeds, sunflower seeds.
Limit brazil nuts, peanuts, peanut butter, pistachios

- Coconut, cashews, macadamias, roasted nuts (usually fat added)

Fats

- Mono and polyunsaturated margarine/oil/mayonnaise/salad dressing, olive oil

Amount – limit to
1-2 tablespoons per day
if using reduced fat spreads (less if weight becomes a problem)

- Butter, shortening, lard, dripping, suet, ghee, table/cooking margarine, coconut oil, palm oil

Beverages

- Water, skim milk, tea, coffee, decaffeinated coffee, soda/mineral water, fruit juice

- Milkshakes, flavoured full cream milk

Limit (with no/little nutrient value)

- Soft drinks, alcoholic drinks, cordial, flavoured mineral water, powdered flavourings etc

Miscellaneous

- All herbs and spices, jam, marmalade, honey, sugar, artificial sweeteners
- Boiled/jellied sweets eg barley sugar, Life Savers, jubes, licorice, marshmallow

- Chocolate, diabetic/carob chocolate, butterscotch fudge, caramels, health foods bars, novelty chocolate bars
- Potato crisps, Cheezels, Twisties etc

Take-Way Foods

- Sandwiches, rolls, salads (fat free dressing) roast chicken (fat and skin remove)
- Non fat yoghurt, fruit, fruit salad

- Fried fish/chicken, chips, meat pies, sausage rolls, pasties, hot dogs, spring rolls, Chiko rolls, fried rice, quiche, pastries
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