



*Low Fat Diet
Weight Loss Diet:
High Cholesterol
High Triglycerides*

This diet has been used by a number of Joyful Living Services' clients and the weight loss has been very positive. People who have had difficulty with high cholesterol and high triglycerides have also had positive results following these simple rules. It's more than just a diet - it's a lifestyle change. Remember that exercise is a **MUST** if you decide it's time to lose weight and lower your cholesterol. Without exercise it just won't work. It's not a fad diet either. Fad diets work great while you're on them but as soon as you go off the diet you gain the weight back plus more. The reason? Because the body went into what's called "starvation mode". A lot of people believe that if they starve themselves they will lose weight. Granted they probably will after a while depending on how long they starve. But the majority of the population will not lose weight and will either remain at the same body weight or even gain weight. The reason? In order to lose weight you must eat and you must eat foods that are low in fat so your body can burn the calories. If you're on a diet right now and are losing more than 4-5 pounds per month you're losing too fast. You may be losing muscle, which you don't want to do. If you are "stuck" at a body weight you are tired of, try incorporating the rules from this diet into your life. Remember - it's not a diet - it's a lifestyle change. That means you don't stop following it!

General Information

The purpose of this diet is to lower your blood cholesterol, triglycerides, and for you to lose weight. There are three ways to reduce cholesterol:

1. Reduce dietary cholesterol
2. Reduce saturated fat intake
3. Increase polyunsaturated fat intake

Special instructions are as follows:

Limit foods high in cholesterol: egg yolk, shrimp, prawns, dairy products containing butterfat, baked goods, desserts containing egg yolk and cream and organ meats (liver, heart, brain, kidney and sweetbreads). Cholesterol in the diet is limited to 300 mg per day. Limit foods high in saturated fats: animal fats and vegetable fats as palm oil, coconut oil, cocoa butter and vegetable shortening. Use polyunsaturated oils. Limit all meat to 9 oz. per day. Use fish and poultry as often as possible. Read labels carefully before using canned, packaged or frozen foods. Look for liquid vegetable oils as the first ingredient on the label.

Definition of terms:

SATURATED FAT is usually a fat of animal origin. Some vegetable fats, however, are saturated. This may occur naturally (for example, palm oil and coconut oil), or as a result of food technology (for example, vegetable shortening, which is vegetable oil that has been "hydrogenated" causing the oil to solidify and become more saturated). **CHOLESTEROL** is a fatty substance manufactured by the body and normally present in the blood. It is present in foods of animal origin. **POLYUNSATURATED FAT** is a fat of plant origin. Most liquid vegetable fats are unsaturated. For example, safflower and corn oils are more unsaturated than olive and peanut oil.

Approximate composition of the diet is as follows: 1950 calories, 190 gms carbohydrate, 95 gms protein, 90 gms fat, 300 mg cholesterol.

FOODS

Beverages
condensed milk,

Protein Group
Meat and Meat
Substitutes 6 oz.
cooked weight

in sauces

hash,

except as

egg yolks.

frankfurters

"Foods to

meats, ham

butter.

week.

FOODS ALLOWED

Coffee, tea, carbonated
beverages, skim milk, nonfat
buttermilk, evaporated skim milk,
fruit juices, 2 cups low-fat milk daily.

Baked, broiled, boiled, roasted or
sauteed in allowed oil: lean,
well-trimmed pork, ham, beef,
lamb, veal, poultry (white meat,
cooked without skin), fish,
shellfish (except shrimp, prawns,
unless substituted for allowed

egg yolks), oysters. Lean meat,
fish or poultry canned in allowed
oils.

Luncheon meats made from
poultry, i.e., turkey salami, turkey
bologna and turkey frankfurters.

Fish and poultry (white meat) are
lower in saturated fats than red
meats, and should be used more
frequently.

Substitutions for 1 oz of meat:
1 oz. cheese (pot, ricotta,
mozzarella made with nonfat milk,
special low fat cheeses (i.e.,
Farmers, Cheez-ola, Count-down,
Sapsago; limit cheddar-type

cheeses to 2 oz. per week).

1/4 cup low fat or dry curd cottage
cheese
2 tablespoons old-fashioned
peanut butter
1/2 cup tofu
1 oz. meat-flavored substitute
made from soy protein

Low cholesterol egg substitutes,
such as Eggbeaters or Second
Nature.

Egg whites
Limit egg yolks to 3 per week,
including those used in cooking
or baking. You may substitute 4
oz. shrimp, prawns, crab or
lobster or 2 oz. liver, sweetbreads,
or heart for each allowed egg
yolk.

FOODS TO AVOID

Whole milk and whole milk drinks,
evaporated and
yogurt, chocolate milk.

Regular ground beef or
hamburger, heavily marbled or
fatty meats, spareribs, duck,
goose, poultry skin or dark meat,
fish roe, brain, kidneys.

Meats canned or frozen

or gravies, such as chili,

ravioli, pork and beans.

Crab or lobster, liver,
sweetbreads, or heart,

substituted for allowed

Luncheon meats and

(except those listed in

Use"), sausage, fried

hocks, bacon, salt pork.

Cheese spreads, cream cheese,
regular cottage cheese, other
cheeses not listed.

Peanut butter other than
"old-fashioned", cashew

Egg yolks in excess of 3 per

Vegetables	All without saturated fat added.	Buttered, creamed or fried vegetables
unless prepared with		allowed fat.

Fruits	All, limit avocado to 1/8 per day. Avocado, more than specified amount.
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FOODS

FOODS ALLOWED

FOODS TO AVOID

Breads	Whole wheat, rye, raisin or white bread, matzoh, saltines, graham	Biscuits, commercial muffins, sweet rolls, cornbread,
pancakes,	crackers, English muffins, tortillas, bagels, Boston brown	waffles, french toast, hot rolls, cheese bread or
crackers, party	bread. Baked goods with no whole milk, no egg yolk and with allowed fats.	crackers.
Cereals	All except granolas.	Granolas.
Starches	Rice, macaroni, noodles, spaghetti, potatoes.	Any starch prepared with whole milk or cheese.
Fats	Safflower, corn oil, cottonseed oil, soybean oil, sunflower oil and	Butter, lard, hydrogenated margarine and
shortenings,	sesame oil or margarine made	coconut oil, palm oil,
salt pork,	from these oils, commercial	suet, bacon drippings,
gravies or	mayonnaise.	cream sauce unless
made with		allowed fat and skim milk.
Soups	Boullion, clear broth, vegetable soup, feat free cream soup made with skim milk, dehydrated soups.	Cream soups and soups made with animal fat.
Desserts & Sweets	Jams, jellies, marmalades, honey, hard candies; sherbert, angel	Desserts which contain whole milk, saturated or
hydrogenated	food cake, puddings made with	fat and egg yolks,
commercial	skim milk, gelatin desserts, frostings made with allowed fat,	pies, cakes and cookies, cake mixes except angel
food.	meringues; cakes, cookies and pies made with allowed fats and milk; fruit whips. 1/2 cup ice milk once a week.	
Miscellaneous	Pickles, salt, spices, herbs, nuts except those excluded, cocoa,	Coconut, Brazil, cashew and macadamia nuts,
chocolate, corn	carob powder, plain popcorn.	chips, potato chips,
buttered	Limit olives to 5 per day. Chips	popcorn.

drippings.

fried in polyunsaturated oil.

Gravies made from pan