

LOW FAT, LOW CHOLESTEROL DIET

PATIENT/FAMILY INFORMATION SHEET

What is a low fat, low cholesterol diet?

When your doctor orders a low fat, low cholesterol diet for you, it means that you must limit the amount of fat and cholesterol in the foods that you eat. In general, a low fat, low cholesterol diet includes fresh foods, which are naturally low in fat and cholesterol. These include fresh fruits and vegetables, fresh fish (not shellfish) and poultry, potatoes, rice and pasta and low-fat dairy products. Be careful not to add fat (butter, margarine, or oils) while cooking or at the table.

What foods do I need to avoid on a low fat, low cholesterol diet?

Foods you need to avoid to keep your diet low in fat and cholesterol are listed below.

Condiments	<ul style="list-style-type: none">• Regular mayonnaise, butter, margarine, cream cheese, creamy salad dressings
Frozen entrees	<ul style="list-style-type: none">• Chicken or meat pot pies, frozen pizza, lasagna
Fried foods	<ul style="list-style-type: none">• Fried chicken, fried fish, french fries, most fast foods
High fat dairy products	<ul style="list-style-type: none">• Whole or 2% milk, heavy cream, half & half, custard style yogurt, and high-fat cheeses
Snack foods	<ul style="list-style-type: none">• Potato chips, buttered popcorn, tortilla chips and high-fat crackers.
High-fat meats	<ul style="list-style-type: none">• Deli meats, bacon, hot dogs, organ meats, ribs, lamb, dark meat chicken and poultry, cuts of higher fat beef (rib-eye, filet, T-bone)
High-fat desserts and baked goods	<ul style="list-style-type: none">• Chocolate, premium ice cream, cakes, cookies, muffins, pastry

How can I reduce my fat and cholesterol intake?

Read package labels carefully. A list of tips to help you to reduce your fat and cholesterol intake is included below. For labeled items, check the Percent Daily Value for fat and cholesterol; try to select foods that limit the amount of fat in the foods you eat to less than 30% of total calories and the amount of cholesterol to less than 300 mg per day.

How can I reduce my fat and cholesterol intake (continued)?

- Steam, boil, bake, or microwave vegetables rather than frying.
- Season vegetables with herbs and spices instead of fatty sauces, butter or margarine.
- Try flavored vinegars or lemon juice on salads or use smaller servings of oil-based or low-fat salad dressings.
- Try replacing butter or oil in cake or brownie recipes with applesauce or prune puree for great flavor and extra fiber.
- Replace whole milk with low fat or skim milk in puddings, soups and baked products.
- Substitute plain low-fat yogurt or blender-whipped low-fat cottage cheese for sour cream or mayonnaise.
- Limit the amount of red meat in your diet to one meal per week. Choose lean cuts of unsalted fresh or frozen meat, and trim fat from meat before and after cooking.
- Choose white meat poultry and remove skin and fat before or after cooking.
- Roast, bake, broil, or simmer meat, poultry and fish rather than frying.
- Cook meat or poultry on a rack so the fat will drain off. Use a non-stick pan for cooking so added fat is unnecessary.
- Chill meat and poultry broth until the fat becomes solid. Remove the fat before using the broth.
- Limit egg yolks to one per serving when making scrambled eggs. Use additional egg whites for larger servings or use prepared egg substitutes.
- Try substituting egg whites in recipes calling for whole eggs. Use two egg whites in place of one whole egg in muffins, cookies and puddings.

(Source: U.S. Department of Agriculture)

How can I get more information?

It is often difficult to plan a meal by yourself, especially if your diet has recently been changed. If you have questions about your diet, please call to contact a Greenwich Hospital Registered Dietitian or one of the following resources:

Organization	Phone
Greenwich Hospital Food and Nutrition Services	203.863.5211
American Dietetic Association	800.877.1600
Web Resources	
<input type="checkbox"/> American Dietetic Association www.eatright.org	
<input type="checkbox"/> United States Food and Drug Administration: http://www.cfsan.fda.gov/~dms/foodlab.html .	

For more Patient Education Fact Sheets, see the Greenwich Hospital web site at www.greenhosp.org and click on Patients & Visitors, then Patient Education

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