

LOW SATURATED FAT – LOW CHOLESTEROL DIET

This diet is a most important part of your treatment. It will help to lower the amount of cholesterol and other fats in your blood to normal levels. You must replace fats which have been produced by animals by using fats and oils which are from plants.

GENERAL GUIDELINES

1. Eat lots of fruit and vegetables.
2. Cut down on fried foods. Have grilled, poached or baked foods instead.
3. Use corn oil in place of cooking fat.
4. Use fish and poultry to replace meat.
5. Use margarine labelled "High in Polyunsaturated fat" in place of butter or other margarines.
6. Use cottage cheese in place of hard or cream cheese.
7. Use skimmed milk or semi skimmed milk in place of whole milk in drinks, cereals and in cooking.
8. Try low fat yoghurt in place of cream.
9. Restrict egg yolks to no more than 3 each week.

DAILY EATING PLAN

BREAKFAST

Fruit or fruit juice
Cereal or porridge with skimmed or semi skimmed milk
Bread, toast or roll with polyunsaturated margarine

IN BETWEEN MEALS

Tea or coffee with skimmed or semi skimmed milk
Oxo, Bovril, Marmite or fruit juice.

MAIN MEAL

Fruit Juice or soup with no fat
Lean meat, chicken or fish
Potatoes (use a suitable oil for frying or roasting)
Vegetables or salad.
Fruit juice or low fat yoghurt or pudding made with skimmed or semi skimmed milk.

LIGHT MEAL

Lean meat, poultry, fish or cottage cheese with vegetables or salad.

EVENING MEAL

Fruit or as 'In Between Meals'

NOT ADVISED

Cream Soups

Fatty meats, duck, goose. Sausages, haggis, black and white puddings, salami, liver, liver sausage, kidney, tripe, sweetbreads, brains, pate, meat pastes.

Cheese and cheese spreads

Egg yolks (3 Egg yolks per week only)

Whole milk (pasteurised, homogenised, sterilised, 'Long Life', evaporated milk, condensed milk, cream, St. Ivel 5 Pints)

Lard, dripping, cooking fat, butter, margarine.

Fried foods in moderation (only cooked with recommended oil)

Pastry, pudding, cakes, biscuits made with eggs, whole milk and fats.

Salad cream, mayonnaise, Toast Toppers

Chocolate, butterscotch, caramel, toffee, fudge.

Cocoa, drinking chocolate, milk drinks including malted milk drinks.

Chocolate biscuits, cakes, shortbread, sweet biscuits (purchased), currant bread, malt bread.

Mincemeat, lemon curd, chocolate spread.

Vegetables in cream sauces, potato crisps, potato salad, mixed vegetable salad, tinned macaroni cheese.

Coconut, cashew nuts. All nuts (except chestnuts), peanut butter.

Full-fat yoghurt, ice cream, dessert toppings, Coffeemate.

ADVISABLE

Clear soups, Marmite, Bovril, Oxo, low fat home-made soup

Lean meat, chicken, turkey

All white fish – plaice, sole, cod, haddock, whiting. Oily fish e.g. herring, tuna

Cottage cheese, Crowdie

Egg white, low cholesterol substitute

Skimmed milk, 'Marvel', or other non-fat dried milk powder or granules, 'Fresh 'n' Low'

'Flora' and 'Good Life' margarine. Blue Band Supersoft margarine (*if others unobtainable*) marg. Should say "high in polyunsaturates" on lid.

Foods cooked in corn oil, sunflowerseed oil, safflower oil, 'Mazola' corn oil, 'Flora' oil, Co-op 'Friary' cooking oil, Tesco corn oil, Boots Corn Oil.

Skimmed milk pudding without eggs. Pastry, cakes and biscuits made with skimmed milk and 'recommended' oil or 'recommended' margarine and omitting egg yolk.

'Alfornal' corn oil mayonnaise. Salad dressing using 'recommended' oil, vinegar and lemon juice.

Clear boiled sweets, winegums, liquorice, barley sugar, chewing gum.

Tea, coffee, squash, aerated waters, fruit juice.

Bread, cereals, rolls, crispbreads, plain biscuits.

Sugar, jam, honey, marmalade, treacle syrup.

All vegetables (fresh, frozen, tinned – without sauce), fruit.

Low fat yoghurt, water ices, unfilled merigues.