

Courtesy of Genesys Health System

Type of Food

Grain Foods
(6-11 servings)

Eat more of . . .

All cereals, hot & cold
All breads, especially
multi-grain and *oat bran*
types
Noodles, pasta, rice,
bagels, bread sticks,
graham & saltine crackers,
soft taco, *barley*

Eat rarely . . .

Croissants,
muffins, biscuits,
most crackers,
pancakes, waffles,
fried rice, crisps
taco

Fruits & Vegetables
(5-9 servings)

All fruits and fruit
juices, fresh, canned
or frozen, include
oranges, apples, berries
All vegetables & vegetable
juices, fresh, canned or
frozen, include potatoes,
corn, beans, *broccoli*

Cheese & butter sauces
on vegetables

Dairy Foods
(2-3 servings)

Yogurt, skim to 1% milk, lowfat
cottage cheese, mozzarella,
ricotta, romano, parmesan

2% or whole milk,
most cheeses

Meats/High Protein
(limit to 5-6 oz./day)

Fresh lean beef, pork, skinless
poultry & fish. 95% fat
free lunch meats, less
than 3 eggs/week, *lentils*,
navy beans, baked beans

Fried meats, poultry, or fish,
peanut butter,
bacon, sausage,
any meat/high protein
food in more than
4 oz. serving

Fats

Monounsaturated fats
olive oil, canola, peanut oil
oil-free salad dressing.
Less polyunsaturated fat
corn, sunflower, sesame, soy oil

Saturated fats – palm oil
coconut oil, butter, lard,
shortening, mayonnaise,
cream, non-dairy creamer, nuts

Other

Coffee, tea, pop, mustard,
catsup, sherbet, frozen
yogurt, gelatin, alcoholic
beverages*, jam, honey,
syrup, hard candies,
windmill, fig newton,
molasses and gingersnap
cookies, vanilla wafers

Microwave popcorn, corn
and potato chips, ice cream,
pie, cake, most cookies

*ASK YOUR PHYSICIAN

Foods in *italic* type are higher in soluble fiber.

Menus for Low Fat/Low Cholesterol Meals and Snacks

Breakfasts

Toasted Oat Cereal
Low Fat Milk
Banana
Coffee

Fruit 'n Yogurt
Oat Bran-Raisin Muffin
Tea

Oatmeal
Brown Sugar
Low Fat Milk
Cinnamon Toast, Dry
Orange Marmalade

Lunches

Bean Burritos
Salad, no dressing
Pop

Navy Bean Soup
Lean Ham Sandwich
with Lettuce, Mustard
Tomato Juice
Windmill Cookies

Chef Salad
Lettuce and Vegetables
Mozzarella Cheese
Turkey
Croutons or Crackers
Tiny Bit Diet Dressing
Water

Dinners

Salmon Pattie
Parsley Rice
Carrot Slices
Water
Angel Cake 'n Berries

Pork Chop
Apple Slices with skin
Baked Sweet Potato
Broccoli
Low Fat Milk

BBQ Chicken
Corn on the Cob
Salad, Oil-Free Dressing
Hard Roll
Iced Tea

Snacks

"Sweet"

- Sherbet
- Frozen Yogurt
- Graham Crackers
- Fruit (fresh, canned, dry, frozen)
- Gelatin

"Salty/Crunchy"

- Pretzels
- Saltines
- *Apples*, Carrots
- Sesame Bread Sticks
- Low Fat Meat or Cheese Sandwich

"Chewy"

- Bagels
- *Baked Bean Sandwich*
- Jelly Beans, Gumdrops and Gummi Bears
- Sugar Frosted or Natural Cereals with Low Fat Milk