

DYSLIPIDEMIA **DIET GUIDELINES** **FOODS TO AVOID**

MEATS, FISH	Pork, bacon, sausage, and other pork products: fatty fowl (duck, goose) skin and fat of turkey and chicken; processed meats, luncheon meats (salami, bologna); hotdogs and fast-food hamburgers (they're loaded with fat) organ meats (kidneys, liver) canned fish packed in oil. Shellfish (lobster, shrimp, crab. Oysters) should be used sparingly
EGGS	Limit egg yolks to three per week
FRUIT	Coconuts
VEGETABLES	Avoid avocados and olives. Starchy vegetables (potatoes, corn, lima beans, dried peas, beans) may be used only if substituted for a serving of bread or cereal.
BEANS	Commercial baked beans with sugar and/or pork
NUTS	Avoid nuts, limit pecans, walnuts and peanuts to one tablespoonful per day.
BREADS, GRAINS	Any baked goods with shortening and/or sugar. Commercial mixes with dried eggs and whole milk. Avoid sweet rolls, doughnuts, and breakfast pastries (Danish)
MILK PRODUCTS	Whole milk and whole milk packaged goods; cream, ice cream, whole milk puddings, yogurt, or cheeses; nondairy cream substitutes
FATS, OIL	Butter, saturated fats (olive, peanut, and coconut oil), lard solid margarine, commercial salad dressings, gravies, bacon drippings, cream sauces.
DESSERTS/SNACKS	Fried snack foods like potato chips, chocolate, candies in general, jams, jellies, syrups: whole milk puddings; ice cream and milk sherbets, hydrogenated peanut butter
BEVERAGES	Sugared fruit juices and soft drinks; cocoa made with whole milk and or sugar. When using alcohol (1 oz. liquor, 5 oz beer, or 2 ½ oz dry table wine per serving, one serving must be substituted for one bread or cereal serving (limit, two servings of alcohol per day)

MEATS, FISH	Choose lean meats (chicken, turkey, veal and nonfat cuts of beef with excess fat trimmed One serving = 3 oz of cooked meat) . Also, fresh or frozen fish and canned fish packed in water. Meats and fish should be broiled (pan or oven) or baked on a rack.	EGGS	Use Omega-3 eggs	FRUIT	Eat 2-3 servings of fresh fruit per day (1 serving=1/2 cup). Be sure to have at least one citrus fruit daily. Frozen or canned fruit with no sugar or syrup added may be used.	VEGETABLES	Eat 4-5 servings of vegetables a day. A daily salad will address this. Most vegetables are not limited (see reverse side) One dark green (string beans, escarole) or one deep yellow (squash) vegetable is recommended daily. Vegetables may be boiled, steam, strained or braised with polyunsaturated vegetable oil (see below)	BEANS/Legumes	Dried peas or beans (1 serving =1/2 cup) may be used as a bread substitute.	NUTS	Pecans, walnuts and peanuts may be used sparingly. 1 serving = 1 tablespoonful.	BREADS, GRAINS & FIBRE	Include Whole grain bread and crackers, brown or wild rice, quinoa, oatmeal, hulled barley, bran and psyllium. 14 foods High in Fibre. Beans & Legumes, Cabbage, Broccoli, Cauliflower, Onions, Figs, Spinach, Kale, Oatmeal, Apples, Peaches, Raspberries, Nuts & Seeds, Avocados,	MILK PRODUCTS	Always use skim milk or skim milk products such as low fat cheeses (farmer's uncreamed cottage, mozzarella), low-fat yogurt, and powdered skim milk. Almond milk or goats milk is a good substitute.	FATS, OIL	Monosaturated fats found in olive oil, canola oil, peanut oil, non-hydrogenated margarine, avocados, some nuts (almonds, pistachios, cashews, pecans and hazelnuts).	DESSERTS/SNACKS	Limit to per day; substitute each serving for a bread/cereal serving: ice milk, water sherbert (1/4 cup); unflavored gelatin or gelatin flavored with sugar substitute (1/3 cup); pudding prepared with skim milk (1/2 cup); egg white souffles; unbuttered popcorn (1 1/2 cups). Fruit could be used for desert instead of the usual 'desert' ie cake, cookies.	BEVERAGES	Fresh fruit juices (limit 4 oz per day) black coffee, plain or herbal teas; soft drinks with sugar substitutes; club soda preferably salt free; cooa made with skim milk or non-fat
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Eating a healthy, balanced diet is one of the most important things you can do to protect your health. In fact, up to 80% of premature heart disease and stroke can be prevented through your life choices and habits, such as eating a healthy diet and being physically active.

The Canadian Heart & Stroke website has many tips and links throughout their page plus recipes and more information on exercise.