

# HYPERLIPOPROTEINEMIA DIET PLAN

For \_\_\_\_\_ Date \_\_\_\_\_

## GENERAL INSTRUCTIONS

An elevated level of blood cholesterol and or triglycerides is now thought to increase the risk of heart disease. This elevation can be lowered by decreasing calorie intake and by replacing foods high in saturated fat and cholesterol with foods high in polyunsaturated fat. Instructions on the back of this sheet give recommendations of those food to include and those food to eliminate or use sparingly for each of the six food groups. The plan calls for moderate, not drastic diet changes.

In addition, refer to the sample menu for your prescribed Calorie level to achieve and maintain a desirable weight. Because modified fat is just one part of the properly balanced diet, it is also important to remember to include the recommended amounts for each food group to maintain nutritional adequacy

<b>Basic Meal Plan</b> <input type="checkbox"/> (2000 Cal.)			<b>SPECIAL INSTRUCTIONS</b> <b>Alternate Meal Plan</b> <input type="checkbox"/> (2700 Cal.)
<b>BREAKFAST</b> 1 serving milk           List 1 1 serving cereal       List 4 1 serving               List 6 1 serving fruit       List 3 2 servings bread      List 4 3 servings fat       List 5 1 serving               List 6	<b>SAMPLE MENU I</b> 1 cup CARNATION Nonfat Dry Milk 1 cup Shredded Wheat with 2 tsp. sugar and 1 small banana 2 slices rye toast with 3 tsp. margarine Coffee or tea	<b>SAMPLE MENU II</b> 1 cup CARNATION Nonfat Dry Milk ½ cup Farina with 2 tsp. sugar and 1 cup strawberries 2 slices wheat toast with 3 tsp. margarine Coffee or tea	Follow 2000 Cal. Basic Meal Plan and add through the day: 1 serving meal           List 2 3 servings fruits or vegetables       List 3 4 servings bread or cereal   List 4 3 tsp. fat               List 5
<b>LUNCH</b> 1 serving fruit       List 3 1 serving veg.       List 3 1 serving veg.       List 3 2 servings fat       List 5 1 serving meat       List 2 2 servings bread   List 4 1 serving milk       List 1	½ cup orange juice 1 cup coleslaw with ¼ cup shredded carrot and 2 tsp. salad dressing 2/3 cup lowfat cottage cheese 1 large whole wheat roll 1 cup CARNATION Nonfat Dry Milk	½ cup apple juice 1 cup raw spinach with ½ cup raw mushrooms and 2 tsp. salad dressing 2 oz. Mozzarella cheese 6 rye wafers 1 cup CARNATION Nonfat Dry Milk	<b>FOR WEIGHT CONTROL:</b> <b>Use the following Basic Meal Plans:</b> <input type="checkbox"/> <b>1800 Calories</b> 3 servings CARNATION Nonfat Dry Milk       List 1 3 servings meat           List 2 7 servings fruits or vegetables       List 3 6 servings bread or cereals   List 4 6 tsp. fat               List 5
<b>DINNER</b> 1 serving veg.       List 3 1 serving veg.       List 3 2 servings fat       List 5 2 servings meat      List 2 1 serving veg.       List 3 2 servings veg.      List 3 1 serving fruit       List 3 1 serving               List 6	1 cup Romaine lettuce with 1 tomato and 2 tsp. salad dressing 4 oz. lemon-broild halibut 1 small baked potato 1 cup streamd broccoli 1 fresh apple Coffee or tea	1 cup watercress with ¼ cup cooked beets and 2 tsp. salad dressing 4 oz. BBQ chicken ½ cup brown rice 1 cup steamed Brussels sprouts Small fruit salad Coffee or tea	<input type="checkbox"/> <b>1500 Calories</b> 3 servings CARNATION Nonfat Dry Milk       List 1 2 servings meat           List 2 7 servings fruits or vegetables       List 3 5 servings bread or cereals   List 4 5 tsp. fat               List 5
<b>BEDTIME</b> 1 serving milk       List 1 1 serving fruit       List 3	1 package CARNATION Instant Breakfast with nonfat milk 12 fresh grapes	1 package CARNATION Instant Breakfast with nonfat milk 1 fresh peach	<input type="checkbox"/> <b>1200 Calories</b> 2 servings CARNATION Nonfat Dry Milk       List 1 2 servings meat           List 2 5 servings fruits or vegetables       List 3 4 servings bread or cereals   List 4 4 tsp. fat               List 5
			<input type="checkbox"/> <b>1000 Calories</b> 2 servings CARNATION Nonfat Dry Milk       List 1 2 servings meat           List 2 3 servings fruits or vegetables       List 3 3 servings bread or cereals   List 4 4 tsp. fat               List 5

## SUBSTITUTION LISTS

### LIST 1: MILK GROUP

#### Recommended:

Milk products which are low in dairy fats:

Fortified skimmed (nonfat milk)  
Fortified lowfat milk  
CARNATION Nonfat Dry Milk  
Buttermilk  
Lowfat yogurt  
CARNATION Instant Breakfast  
CARNATION Evaporated Skimmed Milk

\* Cheese made from skimmed or partially skimmed milk such as  
Cottage cheese  
Farmer's cheese  
Baker's cheese  
Hoop cheese  
Mozzarella cheese  
Sapsago cheese  
Processed modified-fat cheeses (skimmed milk and Polyunsaturated fat)

#### Avoid or use sparingly:

Whole milk and whole milk products:  
Chocolate milk  
Canned whole milk  
Ice cream  
All creams including sour, half and half, whipped  
Whole-milk yogurt  
Non-dairy cream substitutes (use only in coffee, not as a milk substitute)

Cheeses made from cream or whole milk  
Butter

#### Amount recommended:

At least two 8-fl.-oz. cups per day  
1 serving 8-fl.-oz. cup for milks  
1-oz. for hard cheeses or  
½cup for CARNATION Instant Breakfast and CARNATION Evaporated Skimmed Milk

\* Cheeses may be substituted for the meat group 1 oz. cheese 1 oz. meat

### LIST 2: MEAT GROUP

#### Recommended:

In most meals: chicken, turkey, veal, fish, cheeses (see List 1 Milk Group)  
Less frequently: beef, lamb, pork, ham  
Choose lean ground meat and lean cuts of meat. Trim all visible fat before cooking. Bake, broil, roast, or stew.

Nuts and dried beans and peas: These are high in vegetable protein and may be used occasionally in place of meat.  
Avoid or use sparingly:  
Duck, goose  
Shrimp and heart are high in cholesterol, so use no more than once a week.

Organ meats: Liver, kidney and sweetbreads are very high in cholesterol.  
Egg yolks: Limit to 3 per week, eggs as such, and other foods containing egg yolks, such as cakes, batters and sauces

#### Amount recommended:

The equivalent of 2 servings daily. Count as a serving 2 to 3 ounces of lean cooked meat, poultry, or fish – all without bones.  
2 eggs.  
1 cup of dry beans, dry peas, or lentils  
4 tablespoons peanut butter

### LIST 3: VEGETABLE—FRUIT GROUP

**Recommended:** One serving should be a source of vitamin C: Broccoli, cabbage (raw), tomatoes, berries, cantaloupe, grapefruit, mango, lemon, orange, papaya, strawberries

#### One serving should be a source of vitamin A:

Broccoli, carrots, chard, chicory, escarole, greens, kale, peas, spinach, string beans, sweet potatoes, yams, watercress, winter squash, apricots, cantaloupe, mango, papaya.

#### Avoid or use sparingly:

If you must limit calories, use sparingly starchy vegetables such as potatoes, corn or lima beans. One serving (½cup) can be substituted for one serving of bread.

#### Amount recommended:

At least 4 servings daily  
1 serving, ½ cup cooked or 1 cup raw vegetables or fruit  
1 medium apple, orange, banana, or potato.  
½ medium grapefruit or cantaloupe

### LIST 4: BREAD—CEREAL GROUP

**Recommended:** Bread made with a minimum of saturated fat: While enriched (including raisin bread)  
Whole wheat, English muffins, French bread, Italian bread, Oatmeal bread, Pumpnickel, Rye bread, Rye wafers.

Biscuits, muffins, and griddle cakes made with an allowed oil as shortening  
Cereal (hot and cold)  
Melba toast, Matzo pretzels  
Pasta, macaroni, spaghetti noodles (except egg noodles)  
Rice

#### Avoid or use sparingly:

Commercial butter rolls, biscuits, muffins, donuts, sweet rolls, cakes, crackers, egg bread, cheese bread  
Commercial mixes containing dried eggs and whole milk

#### Amount recommended:

At least 4 servings daily  
1 serving  
1 slice bread  
1 cup dry cereal or  
½ to ¾ cup cooked cereal, cornmeal, grits or rice

### LIST 5: FATS AND OILS

#### Recommended:

Margarine\*  
Liquid oil shortenings  
Salad dressings and mayonnaise containing any of these polyunsaturated vegetable oils

Corn  
Cotton seed  
Safflower  
Sesame seed  
Soybean, or  
Sunflower oil

#### Avoid or use sparingly:

Solid fats and shortenings:  
Butter lard  
Salt pork fat  
Meat fat  
Completely hydrogenated margarines and vegetable shortenings

Products containing coconut oil, peanut oil, and olive oil may be used occasionally for flavor, but they are low in polyunsaturates.

#### Amount recommended:

Include about 2-4 tablespoons daily, depending on caloric allowance.

\* Use only a polyunsaturated fat margarine such as Fleishmann's)

### LIST 6: DESSERTS, BEVERAGE, SNACKS AND CONDIMENTS:

Acceptable: Non-caloric or low calorie foods:  
Tea, coffee (no cream), cocoa powder, water ices, gelatin, fruit whip, puddings made with nonfat milk, low-calorie drinks, vinegar, mustard, ketchup, herbs, spices

#### Use in moderation when calories or carbohydrates are restricted:

**High calorie foods:**  
Frozen or canned fruit with sugar added  
Jelly, jam  
Marmalade  
Honey  
Sugar candies  
Imitation ice cream  
Cakes, pies, cookies, and puddings made with polyunsaturated fat

Angel food cake  
Nuts (especially walnuts)  
Peanut butter  
Bottled drinks  
Fruit Drinks  
Ice milk  
Sherbet  
Wine  
Beer  
Hard liquor

#### Avoid or use sparingly:

Cakes, pies, cookies, frozen cream pies, and other commercial dessert mixes.  
Commercial fried food such as potato chips and other deep fried snacks  
Whole milk puddings  
Ice cream

**Note:** The acceptable foods on this list are low in saturated fatty acids and cholesterol. You may need to limit the portions of the foods on this list so that you do not exceed your calorie allowance for maintaining a desirable weight.

Moderation should be observed especially in the use of alcoholic drinks, ice milk, sherbet, sweets and bottled drinks