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low cholesterol low purine

prepared for. _____

date. _____

Select foods from each of the major allowed food-groups listed. Do not over eat so that you maintain or reach an overweight condition. Even though the foods allowed are low in fat and cholesterol, by gaining weight you will manufacture your own fat and defeat the purpose of this dietary program. Be sure you select your daily menu from all the allowed food-groups.

DO NOT EAT:

Pork and pork products, butter, cream, whole milk, cheese (hoop cheese allowed, cottage cheese may be placed in cheesecloth with cream washed out in water), mayonnaise, ice cream, liver, giblets, kidney, sweetbreads, brains, gravy, egg noodles, baked beans, coconut, nuts, yogurt, milk chocolate, caviar, cream soup, sour cream, poultry skin, soup from meat or chicken (unless all fat is carefully skimmed off).

Trim all visible fat from the meat before preparing. In cooking, use no animal fat (butter, lard) or hydrogenated vegetable oil (shortening).

FOODS ALLOWED:

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| 1) Beverages: | Fruit juice, skim milk, buttermilk, coffee (black), tea, bouillon. |
| 2) Bread & Cereal (3 portions daily): | All allowed. Use skim milk with cereals. |
| 3) Fruit (3 portions daily): | All allowed. |
| 4) Vegetables (3 portions daily, 1 cup each): | All allowed. |
| 5) Protein: | Meat or poultry, 4 oz. daily (lamb, lean beef, veal, chicken, turkey, or duck). Fish, as desired (bonita, cod, halibut, salmon, sole, tuna). Cheese (hoop or washed cottage cheese). Egg (white only, no egg yolk). |
| 6) Dessert (2 portions daily): | Gelatin, fruit, plain cake, pudding (without eggs, use non-fat milk), sorbet. |
| 7) Fat: | 1 Tbsp. french dressing, vegetable oil (soy, corn, canola), olive oil. |

TYPICAL MENU: LOWFAT/LOW CHOLESTEROL DIET

(Approximately 1,400 calories, 85 mg cholesterol, 25 g saturated fat)

- Breakfast:** Fruit juice, cereal with skim milk, toast, coffee or tea.
- Lunch:** Grapefruit or melon, vegetable plate or spanish rice (meatless), raw vegetable salad with oil dressing—optional, skim milk or buttermilk.
- Dinner:** Consommé (bouillon), meat roast (lean)—4 oz. portion, zucchini squash with stewed tomatoes, asparagus, fruit cocktail, beverage.

Do not eat any of the following foods: Red meats (beef), fried foods, eggs, alcohol, coffee, candy, soft drinks.

You may supplement the protein in your diet with the following: Fish, fowl, baked ham, nuts, beans, cheese, vegetables, fruit.

ALLOWABLE VEGETABLES:

Asparagus, avocado, beets, broccoli, brussels sprouts, cabbage, cauliflower, carrots, celery, corn, cucumbers, eggplant, lima beans, onions, peas, radishes, sauerkraut, squash, stringbeans, tomatoes, turnips.

ALLOWABLE FRUITS:

Apples, apricots, berries, grapefruit, melons, oranges, peaches, pears, pineapples, tangerines. Fruits may be cooked or raw, with or without cream, but without sugar. Canned fruits should be packed in water, not syrup. The raw are better if enjoyed that way.

Lettuce, mushrooms, and nuts may be taken as freely as desired.

Juice: Any unsweetened fruit or vegetable juice, except grape or prune juice.

TYPICAL MENU

- Breakfast:** Fruit or juice, cereal, toast with butter and marmalade.
- Lunch:** 2 oz. fish, sliced tomato, cole slaw, potato salad, cottage cheese, gelatin dessert, bread with butter and jam, milk.
- Dinner:** 1/2 grapefruit, vegetable plate and bake potato (butter, chives), whole-grain bread and butter, milk and cookies.