LOW SATURATED FAT, LOW CHOLESTEROL DIET

1. Limit red meats (beef, pork, and lamb). Choose chicken breast, seafood, or fish more often (no more than 6 oz. per day). Remove skin and all visible fats.

2. Select fat free or 1% low fat dairy products.

3. Eat these foods in moderation: nuts (peanut, walnut, almond, cashew, pistachio etc), seeds (sesame seeds, melon seeds etc), peanut butter and avocado.

4. Avoid high fat foods such as sausage, roast pork, roast duck, brisket, oxtail, pig / chicken / duck feet, spareribs, chicken wings, pork bones, animal fats (lard, chicken fat, butter), coconut milk, gravies, cream, fried foods, dim sum, buns, pastries, chocolates, cheese, ice-cream.

5. Avoid foods containing hydrogenated oil, palm oil, coconut oil, and trans fats which are commonly found in crackers, cookies, non-dairy creamer, and instant noodles.

6. Avoid high cholesterol foods such as organ meats (liver, brain, and kidney), eel, squid, cuttlefish, and shrimp. All other shellfish can be eaten in moderation.

7. Limit egg yolks to 1 – 3 per week.

8. Eat more foods high in soluble fiber such as dried beans (kidney beans, blackeye peas, soybeans etc), barley, oat bran, oatmeal, apples, corn, and peas.

9. Consume more vegetarian dishes made with tofu, egg white.

10. Choose vegetable oil such as canola, olive, safflower, sunflower, corn but limit to 4 – 6 teaspoons per day. Prepare foods by steaming, braising, boiling, stewing, baking.

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