

CHOLESTEROL- & SODIUM-RESTRICTED DIET

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PURPOSE:

The cholesterol- and sodium-restricted diet is designed to help reduce serum lipids and to achieve a reduction in sodium intake that may be necessary for the control of hypertension or other disorders.

DESCRIPTION:

This diet meets the general requirements of the National Cholesterol Education Program. Foods high in total fat, saturated fat and cholesterol are controlled. Total cholesterol intake is restricted. Limited amounts of mono- and polyunsaturated fats are used as replacements for saturated fats. Calories need to be adjusted to achieve or maintain desired body weight.

Foods high in sodium content are omitted. One-half teaspoon of salt is allowed in the preparation of food or may be used at the table. As the quantities of allowed foods are not restricted, the level of sodium may vary.

BASIC INFORMATION:

Cholesterol is found only in animal products. Saturated fats are often solid at room temperature and are usually found in animal products such as meats, poultry, butter, cheese and ice cream. Plant sources of saturated fats include palm oil, palm kernel oil and coconut oil. Monounsaturated fats are found in products such as olive oil, peanuts, flaxseed oil and canola (rapeseed) oil. Polyunsaturated fats are usually liquid at room temperature and are found in safflower, sunflower, corn, soy-bean and cottonseed oils.

Salt-free herbs and spices may be used freely. Carefully read labels as some salt-replacement seasonings contain sodium chloride. "Light" salts which are a mixture of potassium chloride and sodium chloride are also restricted on sodium-controlled diets.

NUTRITIONAL ADEQUACY:

Depending on an individual's food choices the low cholesterol-low sodium diet will normally be adequate in all nutrients.

FOOD LIST:

Milk/Dairy (Limit to 2-3 servings a day)

- **Allowed:** Skim (nonfat) or 1% fat milk (liquid, powdered, evaporated), nonfat or low-fat yogurt, low-fat cottage cheese (2% fat or less), low-fat cheese (labeled 6 grams of fat or less per ounce); nonfat sour cream.

- **Avoid:** Whole milk (4% fat) (liquid, evaporated, condensed), 2% milk, cream, half and half, imitation milk products, most nondairy creamers, whipped toppings; whole milk yogurt; regular cottage cheese (4% fat); natural cheeses made from whole milk (cheddar, Swiss, blue, Camembert, etc.); cream cheese; sour cream; low fat cream cheese; low fat sour cream.

NOTE: If 2% milk is used, decrease added fat by 1 teaspoon for each cup of milk.

Meat/Meat Substitute (Limit to 5 oz a day from animal products; limit to 4 egg yolks a week)

- **Allowed:** Dried beans, split peas, lentils, pinto beans cooked without salt; poultry without the skin; fish; tuna packed in water; lean beef (extra lean ground beef, eye of round, sirloin, round tip, round, top round, tenderloin, top loin); lean pork (fresh not cured, tenderloin, leg, shoulder); lamb (arm, leg, loin, rib); shrimp or lobster (limit 3 oz per week); luncheon meats (1 gram fat or less per ounce); egg whites (2 egg whites = 1 whole egg); low cholesterol egg substitutes.

- **Avoid:** Fried meats or meat substitutes; any meat, fish or poultry that is smoked, cured salted or canned (such as bacon, dried beef, corned beef, cold cuts, ham, turkey ham, hot dogs, sausages, sardines, anchovies, pickled herring); fatty cuts of beef, pork, lamb; goose, duck; liver, kidney, brains or other organ meats; sausage, bacon; regular luncheon meats; egg yolks.

Breads & Grains (6-11 servings a day)

- **Allowed:** Whole-grain breads (oatmeal, whole wheat, rye, bran, multigrain, etc.); rice; pasta; homemade baked goods low in fat; low fat crackers (ricecakes, popcorn cakes, Rye Krisp, melba toast, pretzels, breadsticks); hot or cold cereals (with no fat).

- **Avoid:** High fat baked goods (pies, cakes, doughnuts, croissants, pastries, muffins, biscuits); high fat crackers; egg noodles; granola type cereals; cereals with more than 2 grams of fat per serving; pasta and rice prepared with cream, butter or cheese sauces; breads, rolls and crackers with salted tops; instant rice and pasta mixes; commercial stuffing; commercial casserole mixes.

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FOOD LIST (Continued)

Vegetables (3-5 servings per day or more)

- **Allowed:** Any fresh, frozen, dried or low sodium canned; regular canned, drained vegetables – limit to 1 serving per day; low salt vegetable juices.
- **Avoid:** Vegetables prepared in butter, cream or other sauces; fried vegetables; sauerkraut; pickled vegetables and others prepared in brine; regular vegetable juice; potato casserole mixes; regular and salt free potato chips.

Fruits (4 servings per day or more)

- **Allowed:** Any fresh, frozen, canned or dried.
- **Avoid:** Coconuts, avocados, and olives except as allowed under miscellaneous.

Desserts & Sweets (Limit to control calories)

- **Allowed:** Sugar, jelly, jam, honey, molasses; low-fat frozen desserts (like sherbet, sorbet, ices, nonfat frozen yogurt, popsicles); angel food cake; low fat cakes and cookies (like vanilla wafers, graham crackers, ginger snaps); baking cocoa; low-fat candy (like jelly beans, hard candy).
- **Avoid:** Ice cream; high fat cakes, pies and cookies (most commercially made); chocolate.

Beverages

- **Allowed:** Juices, tea, coffee, decaffeinated coffee, carbonated drinks, most alcoholic beverages.
- **Avoid:** Milkshakes; ice cream floats; eggnog; alcoholic beverages containing milk, cream or coconut; commercially softened water as beverage or in food preparation.

Miscellaneous

- **Allowed:** Limit fat based on total number of calories consumed (use very sparingly). Limit (1 tsp per serving): Unsaturated vegetable oils (corn, olive, canola, safflower, sesame, soybean, sunflower); margarine or shortening made from unsaturated vegetable oils; mayonnaise and salad dressings made from unsaturated oils (1 Tbsp); diet margarine (1 tsp), salt-free seeds and nuts (1 Tbsp seeds, 6 almonds, 20 small peanuts).

No Limit: Vegetable oil sprays; fat free salad dressings; herbs, spices, pepper, salt substitute with physician approval; mustard; vinegar; lemon and lime juice; cream sauces made with allowed ingredients.

Limit added salt to 1/2 teaspoon per day, may be used in cooking or at the table.

- **Avoid:** Butter; coconut oil; palm oil; palm kernel oil; lard; bacon fat; salad dressings made with egg yolk; fried snack foods (potato chips, cheese curls, tortilla chips); olives; avocados; regular cream sauces; salt, garlic salt, celery salt, onion salt, seasoned salt, sea salt, kosher salt; seasonings containing monosodium glutamate (MSG, Accent); salted nuts and seeds; salted peanut butter; canned soups.

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SAMPLE MENU

Suggested Meal Plan	Suggested Foods and Beverages
BREAKFAST Fruit Juice Cereal Meat/Meat Substitute Bread - Margarine Milk Beverage	Grapefruit Half Bran Flakes Low Cholesterol Egg Substitute 2 Slices Whole Wheat Toast 1 tsp Margarine/Jelly 1 Cup 1% Milk Coffee
DINNER - NOON OR EVENING MEAL Meat/Meat Substitute Potato/Potato Substitute Vegetable and/or Salad Bread - Margarine Dessert Beverage	3 oz Salt-Free, Fat-Free Chicken Breast Salt-Free, Fat-Free Sweet Potato Salt-Free, Fat-Free Green Beans Whole Wheat Bread, Margarine Strawberries Iced Tea
SUPPER - EVENING OR NOON MEAL Soup or Juice Meat/Meat Substitute Potato/Substitute Vegetable and/or Salad Bread - Margarine Dessert Milk Beverage	1/2 Cup Salt-Free Vegetable Juice 3 oz Salt-Free, Fat-Free Meatballs in Salt-Free Tomato Sauce Spaghetti Salt-Free, Fat-Free Broccoli, Spinach Salad, 1 Tbsp Dressing Garlic Bread, 1 tsp Margarine Fruit Sorbet 1 Cup 1% Milk Coffee or Tea

Other: Can use up to 1/2 teaspoon salt in cooking or at the table.

Nutrient Analysis

Calories	1815 Kcal	Riboflavin	2.9 mg
Protein	96 gm	Thiamin	1.8 mg
Carbohydrate	240 gm	Folate	529 mcg
Fat	58 gm	Calcium	999 mg
Cholesterol	171 mg	Phosphorus	1541 mg
Dietary Fiber	39 gm	Zinc	13 mg
Vitamin A	4699 IU	Iron	21 mg
Vitamin C	285 mg	Sodium	2936 mg
Niacin	33 mg	Potassium	3507 mg

Adapted from the Arizona Diet Manual (revised 1992)