

CHOLESTEROL- & SODIUM-RESTRICTED DIET**(Sheet 1 of 3)****PURPOSE:**

The cholesterol- and sodium-restricted diet is designed to help improve serum lipid profiles and to achieve a reduction in sodium intake necessary for the control of hypertension in salt sensitive persons or for the treatment of other disorders such as congestive heart failure.

DESCRIPTION:

This diet meets the general requirements of the National Cholesterol Education Program Step 1 Diet and the 3-gram Sodium Diet. African Americans, the elderly, and overweight adults are more likely to be salt sensitive than other patients. The level of sodium may need to be reduced further; the National High Blood Pressure Education program recommends a moderate sodium restriction (2300 mg/day), while some patients with moderate or severe congestive heart failure may require a 1 to 2 gram sodium restriction.

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 are to be adjusted to achieve or maintain desired body weight.

Foods high in sodium content are omitted. Depending on the degree of sodium restriction, one-half teaspoon of salt is allowed in the preparation of food or for use at the table. Spices, herbs, natural flavoring agents, and low-salt or salt-free seasonings may be used in place of table salt.

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 olives and olive oil, peanuts and peanut oil, avocado, and canola (rapeseed) oil. Polyunsaturated fats are usually liquid at room temperature and are found in safflower, sunflower, corn, soybean and cottonseed oils, seeds, and certain nuts.

Salt substitutes must be ordered by the health care provider or dietitian. Salt-free herbs and spices may be used freely. Carefully read labels as some salt-replacement seasonings contain sodium chloride. "Light" salts that are a mixture of potassium chloride and sodium chloride are also limited 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 LISTS:**Milk/Dairy** (Limit to 2 to 3 servings a day)

- **Allowed:** Skim (nonfat) or 1% fat milk (liquid, powdered, evaporated), nonfat or low-fat yogurt, nonfat or low-fat cottage cheese, nonfat or low-fat cheese (limit to one ounce a day); nonfat cream cheese, nonfat sour cream.
- **Avoid:** Whole milk (over 3% 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.); low-fat or regular cream cheese; low-fat or regular sour cream. NOTE: If 2% milk is used, decrease added fat by 1 teaspoon for each cup of milk.

Meat/Meat Substitute

- **Allowed:** Dried beans, split peas, lentils, pinto beans cooked without salt; poultry without the skin; fish; tuna packed in water (limit to 1.5 oz a day); 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); 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 in excess of allotments.

CHOLESTEROL- & SODIUM-RESTRICTED DIET

(Sheet 2 of 3)

NOLENSVILLE FAMILY MEDICINE
JOHN R. THOMPSON M.D.
615-776-8088

FOOD LISTS (continued)

Breads & Grains (6 to 11 servings a day)

- **Allowed:** Whole-grain breads (oatmeal, whole wheat, rye, bran, multigrain, etc.); English muffins, bagels, pita bread, corn and flour tortillas; rice; pasta; homemade baked goods low in fat; low-fat or fat-free unsalted crackers (rice cakes, popcorn cakes, Rye Krisp, melba toast, breadsticks); hot or cold cereals (with less than 2 grams of fat/serving), baked fat-free and salt-free chips.
- **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, regular chips (corn, tortilla, potato), pretzels.

Vegetables (3 to 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.

Fruits (2 to 4 servings per day or more)

- **Allowed:** Any that are fresh, frozen, canned, or dried.
- **Avoid:** Coconuts, avocados (except as allowed under Miscellaneous).

Desserts & Sweets (Limit to control calories if needed)

- **Allowed:** Sugar, jelly, jam, honey, molasses; low-fat or fat-free frozen desserts (sherbet, sorbet, ices, nonfat frozen yogurt, Popsicles); angel food cake; low-fat or fat-free cakes and cookies (vanilla wafers, graham crackers, ginger snaps); baking cocoa; low-fat or fat-free candy (such as jelly beans, hard candy), low-fat or fat-free puddings; gelatin desserts.
- **Avoid:** Ice cream; high-fat cakes, pies and cookies (most commercially made); puddings made from whole milk; chocolate; nut candies.

Beverages (As desired; limit high-calorie beverages if needed)

- **Allowed:** Juices, tea, coffee, decaffeinated coffee, carbonated drinks, sports beverages, and 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 (2 tsp), avocado (1/8 medium or 2 Tbsp), salt-free seeds and nuts (1 Tbsp seeds, 6 almonds, 20 small peanuts), salt-free peanut butter (1 tsp).

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

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; 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.

CHOLESTEROL- & SODIUM-RESTRICTED DIET

(Sheet 3 of 3)

NOLENSVILLE FAMILY MEDICINE

JOHN R. THOMPSON M.D.

615-776-8088

SAMPLE MENU

Suggested Meal Plan	Suggested Foods and Beverages
BREAKFAST Citrus Fruit or Juice Cereal Meat/Meat Substitute Bread - Margarine Milk Beverage	Grapefruit (half) Bran Flakes (1/2 cup) Low Cholesterol Egg Substitute (1/4 cup) 2 Slices Whole Wheat Toast Margarine/Jelly (2 tsp each) 1% Milk (1 Cup) Coffee
DINNER - NOON OR EVENING MEAL Meat/Meat Substitute Potato/Potato Substitute Vegetable and/or Salad Bread - Margarine Dessert Beverage	Salt-Free, Fat-Free Chicken Breast (3 oz) Salt-Free, Fat-Free Sweet Potato (1/2 cup) Salt-Free, Fat-Free Green Beans (1/2 cup) Whole Wheat Rolls (2), Honey (2 tsp) Strawberries (1 cup) Iced Tea
SUPPER - EVENING OR NOON MEAL Soup or Juice Meat/Meat Substitute Potato/Substitute Vegetable and/or Salad Bread - Margarine Dessert Milk Beverage	Pineapple Juice (1/2 cup) Salt-Free, Fat-Free Meatballs (3 Oz) in Salt-Free Spaghetti Sauce (1/2 cup) Spaghetti (1/2 cup) Salt-Free, Fat-Free Broccoli (1/2 cup) Raw Carrots, Red & Green Peppers (1 cup), Fat Free Dip Slice Italian Bread, Margarine (1 tsp) Fruit Sorbet (1/2 cup) 1% Milk (1 Cup) Coffee or Tea

Nutrient Analysis

Calories	1934 Kcal	Riboflavin	3.0 mg
Protein	99 gm	Thiamin	2.3 mg
Carbohydrate	310 gm	Folate	467 mcg
Fat	45 gm	Vitamin B6	3.5 mg
Saturated Fat	13 gm	Vitamin B12	5.5 mcg
Monounsaturated Fat	16 gm	Calcium	1180 mg
Polyunsaturated Fat	11 gm	Phosphorus	1898 mg
Cholesterol	162 mg	Zinc	17 mg
Dietary Fiber	50 gm	Iron	22 mg
Vitamin A	6184 IU	Sodium	2282 mg
Vitamin C	550 mg	Potassium	5300 mg
Niacin Equivalents	15 mg		

Adapted from the Southwest Diet Manual 1999