

Diet for Dyslipidemia/High Cholesterol/High Triglyceride

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DELETE TRANSFATS

1. **X Dalda and Vanaspati**
2. **X Fast food**
3. **X Fried Foods esp. deep fried foods in restaurants that use trans fats classically french fries and fried chicken.**
4. **X Readymade snacks**
5. **X Baked Items like cookies and biscuits**
6. **X Animal fat especially beef high quantity. Avoid consumption of organ meats, red meat and saturated animal fat.**
7. **X Butter and margarine.**
8. **X For high triglycerides: Carbohydrate and alcohol load to reduce drastically ; thus reduce sugars first and wheat and rice based products next.**

ADD.....

1. **EXERCISE V V IMPORTANT AT LEAST 120-180 MINS/WEEK**
2. **Tree Nuts 1.5oz/d (Walnuts, Almonds, Pistachios). These are a good source of PUS Fat**
3. **Oats 3 oz/d.... good source of fibre**
4. **Soy Protein (1.5 oz/d) if possible**
5. **Fish not shell fish (6 oz /d 2 times a week) other days +/- supplements**
6. **Increased vegetables and whole grains**
7. **Pulses and Legumes**
8. **Poultry and dairy in limited amounts and preferably low fat**
9. **Olive oil or rice bran oil preferably or then vegetable oil like sunflower**
10. **Alcohol if had then in moderation only**