Diet Tips to Lower Cholesterol for the Renal Diet

Fats
- Limit ALL fats to no more than 6–8 tsp per day. (This includes margarine, canola oil, olive oil, salad dressing and mayonnaise.)
- 1 tsp of any fat = 5 g of fat.
- When you use fat, choose good fats: olive oil, canola oil, or a non-hydrogenated margarine in small amounts.
- Try to eat food without sauces.
- Choose low fat mayonnaise or low fat/fat-free salad dressing whenever possible.
- Try jam instead of butter or margarine on toast.
- Try small amounts of condiments like relish, chutney, salsa, mustards, Tabasco®, or horseradish.
- Avoid butter, gravy, lard, shortening, palm oil, coconut oil, coconut milk, whipping cream and sour cream.

Meat and Alternates
- Choose lean, skinless cuts of meat; deli meat such as roast beef or roast turkey/chicken. Select “lean” or “extra lean” ground beef.
- Choose fish such as salmon, mackerel or trout at least twice a week.
- Enjoy ¼ cup firm tofu or ½ cup soft tofu instead of 1 oz of protein.
- Limit egg yolks to only 3 per week. Egg whites and egg substitutes can be used more often.
- Limit your meat or fish portions to 4–6 oz per day.
- Limit shrimp to one cup a week.
- Avoid organ meats.
減少食用：燒味，臘味，臘腸，午餐肉，油浸罐頭魚（如豆豉鰻魚），炸雞，煙肉，煙肉，香腸，魷魚，鮑魚和蟹膏。

以下的肉代替品含高鉀/磷。若想食用：

- 每星期2-3次可用2個湯匙花生醬，或1/2杯沖洗過的腰豆，黑白斑豆或雞豆代替1安士的肉。別忘記服食您的降磷藥丸。

牛奶及奶類食品

- 選擇脫脂或1%牛奶，含1%或較低M.F.（牛奶脂肪）的酸奶。
- 選擇含少於20% M.F.的乳酪/芝士。
- 每個星期兩次可用1個安士乳酪/芝士代替1個安士肉。
- 避免食用冰淇淋，攪打奶油(whipping cream)，高脂肪奶油(heavy cream)，和酸奶油(sour cream)。嘗試無脂肪或低脂肪的選擇。
- 限制每日1杯奶類食品。注意含奶油的湯，含奶油的菜餚，布丁，和蛋奶凍。

穀類

- 選擇白麵包或60%麥麪包。
- 選擇白粉麵和飯。
- 大麥/意米(barley)，蒸丸子(couscous)，和碎小麥(bulgur)都含較低的磷和鉀。
- 可使用Quaker® Corn Bran，Puffed Wheat，或Kashi ™ Whole Grain Puffed Cereal。
- 避免含高糖份的麥片（例如：Fruit Loops™）和含高脂肪的麥片（例如：granola）。
- 小吃提議：無鹽的蘇打餅或烤脆薄麵包片；50%減鹽的餅乾例如Wheat Thins，Whole Wheat Triscuits，和Stone Wheat Thins®。
- 可試用無加鹽的爆玉米花代替含高鹽的小吃如烤乾酪辣味玉米片(nachos)，馬鈴薯片等。

Choose less often: Chinese-style barbeque meats, preserved meats, preserved sausages, luncheon meat, fish canned in oil, fried chicken, bacon, sausages, squid, abalone, crab fat.

The following meat alternatives are high in potassium/phosphorus. If you wish:

- Two tablespoons of peanut butter, or 1/2 cup of rinsed kidney beans, pinto beans or chick peas may be used instead of 1 oz of meat 2–3 times per week. Remember your binders.

Dairy

- Choose skim or 1% milk; yogurt with 1% MF (milk fat) or less.
- Choose cheese with less than 20% MF
- 1 oz cheese instead of 1 oz meat twice per week may be used.
- Avoid ice cream, whipping cream, heavy cream, and sour cream. Try fat-free or low fat choices.
- Limit dairy intake to 1 cup per day. Watch out for cream soups, creamy casseroles, puddings, and custards.

Grain Products

- Choose white or 60% whole wheat breads and buns.
- Choose white pasta and rice.
- Barley, couscous, and bulgar are grains lower in phosphorus and potassium.
- Try Quaker® Corn Bran, Puffed Wheat, or Kashi ™ Whole Grain Puffed Cereal.
- Cereals with high sugar (e.g. Fruit Loops™) and high fat (e.g. granola) should be avoided.
- Snack on unsalted soda crackers or Melba Toast, crackers with less than 50% salt such as Wheat Thins, Whole Wheat Triscuits, and Stone Wheat Thins®.
- Try air popped popcorn instead of salty snacks like nachos, chips, etc.
**TIPS TO LOWER CHOLESTEROL**

- Have low-fat muffins, angel food cake, lower fat cookies instead of croissants, donuts, muffins, cakes, and pastries.

**Choose less often:** deep fried noodles, oily noodles, cocktail buns, coconut bread, egg tarts, coconut tarts, high fat biscuits.

**Fruits and Vegetables**

- Choose at least three servings of fruits and three servings of vegetables per day.
- Watch how vegetables are prepared — stir-frying, salad dressings, vegetables dips and sauces may add a lot of hidden fat.

**Others**

- Avoid candies and chocolates: lots of hidden calories (sugar).
- Limit juices and soft drinks: more hidden calories/sugar.
- Limit or avoid alcohol: lots of non-nutritious calories... just like fat.
- Choose water or clear diet soft drinks such as Diet 7-UP® or Diet Sprite®.

**Tips**

- Bake, broil, poach, microwave or barbeque rather than frying or deep fat frying.
- If frying, use a non-stick pan and limit the amount of oil added.
- Limit restaurant eating. When eating out choose favorite restaurants and become familiar with their menu choices.
- Compare food labels and select products lower in fat. Aim for less than 2 g total saturated plus trans fat per serving.
Lifestyle Tips

Be active. Walk, jog, swim, or bicycle for at least 30 minutes 3 times a week. Be sure to check with your doctor before starting an exercise program.

Don’t smoke. Smoking increases the risk of heart disease, stroke and cancer.

Limit salt. Eating less salt and processed foods may help to lower blood pressure. Try a salt substitute such as Mrs. Dash® or use spices and herbs to flavor foods. Do not use salt substitutes containing potassium (e.g. No Salt®, Half Salt™) unless advised by your doctor.

Limit alcohol. Alcohol is high in calories. Drinking alcohol can cause some medication to be less effective. Check with your pharmacist or doctor.

Use this information with the help of your dietician.

Dietitian: ___________________ Telephone: ___________________

Where can I find more information?
www.kidney.ca • www.bcrenalagency.ca