

Family Care Physicians, P.C. - Anxiety and Depression Institute
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Food Choices Diet – Cholesterol Monitoring

Low-Fat Protein Sources:

- Skim milk, non-fat yogurt, non-fat cottage cheese, egg whites, tuna fish (in water), chicken, fish and turkey.
- Remove the skin from all chicken and turkey.
- All foods prepared broiled, grilled, baked or poached. No frying or use of fats in preparation. (i.e. butter, margarine, oil, etc.)

Complex Carbohydrates:

- Oatmeal, cream of wheat, whole wheat bread, pita bread, rice cakes, baked potato, sweet potato, rice, brown rice (health food store variety), pasta.
- All carbohydrate choices should be prepared and eaten dry or with optional toppings which include:

Baked Potato: Non-fat yogurt, non-fat cottage cheese or non-fat spray butter.

Oatmeal and Cream of Wheat: Cinnamon, skim milk, raisins, bananas, non-fat spray butter or a small amount of honey

Rice: Non-fat spray butter

- Fresh Fruits:
- Fresh Vegetables:

The avoidance of all fats is paramount for weight loss and for maintaining low cholesterol and triglyceride level. Fats include: butter, oil, mayonnaise, oil-containing dressings, etc. Also avoid junk food desserts because of high-caloric and fat intake.

Snacking - Permissible Items:

- Rice cakes, raw cauliflower, raw broccoli, green, red or yellow peppers, air-popped popcorn (dry or with non-fat spray butter, any whole grain cereals such as Cheerios).

Fluid Intake

- Water (the preferred fluid source)-Advisable to add fresh lemon or lime for flavoring.

(also for additional complex carbohydrate source.)

- Fruit Juice
- Iced Tea
- 4-6 glasses (8 oz) of water or equivalent per day.

Patient Name: _____
Cholesterol: _____ mg/dl (normal 140-200)
Triglycerides: _____ mg/dl (normal 35-160)
HDL: _____ mg/dl (normal 30-70)
LDL: _____ mg/dl (normal < 130)

Please fast for twelve hours prior to cholesterol re-draw in six weeks (no appointment necessary).
If you have any questions please call and ask to speak with a medical assistant at our office. Thank You.