



Modified Fat Diets

Type IIb, III Hyperlipoproteinemia Diets

Food Groups	Servings/Day	Foods Allowed	Foods Not Allowed
Dairy	As Desired.	Skim milk, buttermilk or hot chocolate containing 1% fat or less, non-fat or low-fat yogurt.	Whole milk, low-fat milk, buttermilk, chocolate milk, cream, half and half, sour cream, eggnog, hot chocolate mixes containing coconut or palm oil, whole milk yogurt.
Meat or Substitute	6 oz. daily	All meat and substitutes containing less than or equal to 3 grams fat per ounce: poultry (no skin); fish; water-packed canned fish; lean, well trimmed cuts of beef, veal, ham, pork, and lamb; press-dried luncheon meats. Cottage cheese, cheeses containing 3 gm fat per oz. or less. Textured vegetable protein, bacon-like bits, tofu.	Domestic duck and goose; self-basting poultry; shrimp; commercially fried and/or breaded meats, fish and poultry; heavily marbled and untrimmed meats; commercially ground meat, organ meats; all other luncheon meats, cold cuts, bacon, sausage, frankfurters, scrapple, salt pork, chitterlings, fat-back, spareribs. All other cheeses.
Eggs	As Desired.	Egg whites, egg substitute.	Egg yolk, whole eggs.
Potato or Substitute	As Desired.	Plain potato, pasta, rice.	Potato chips, french fries, potato, pasta, rice prepared with whole or low-fat milk, cream, cheese, or egg yolks.
Vegetables	As Desired.	Plain fresh, frozen, or canned.	Vegetables prepared with whole or low-fat milk, cream, cheese or egg yolks.
Fruits & Fruit Juices	As Desired.	Any fresh, frozen, canned, or dried except coconut.	Coconut.

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Breads & Cereals	As Desired.	Breads and rolls: French, Italian, oatmeal, pumpkin-nickle, raisin, rye, white, and whole wheat; English muffins, matzoh, saltines, graham crackers, pretzels. Dry and cooked cereal, without added fat. Plain popcorn.	Breads containing added fat or cheese, biscuits, cornbread, crepes, muffins, popovers, quick breads, sweet rolls, donuts, toaster pastries, pancakes, waffles, croutons. Cereals containing added fat. Corn or tortilla chips. Deep-fat-fried snack foods.
Fats	Up to 6 servings/day	All vegetable oils except coconut or palm oil, margarine, mayonnaise, oil-based or oil free salad dressing, olives, avocado. All nuts except cashew, pistachio or macadamia nuts.	Meat or poultry fat, salt pork, bacon, lard, butter, butter/margarine blend, cream, cream cheese, sour cream, cheese or sour cream-type salad dressing, cocoa butter, non-dairy creamers containing palm or coconut oil, shortening. Cashew, pistachio, macadamia nuts.
Beverages	As Desired.	Coffee, decaffeinated coffee, tea; carbonated beverages and fruit drinks.	Any containing fat.
Soups	As Desired.	Broth, broth-based soups, soups made with skim milk.	Cream soups made with whole milk, lowfat milk, or cream.
Desserts/Sweets	1 Serving/Day	Gelatin; fruit ice, popsicle, angelfood cake, plain cocoa, fat-free desserts, low-fat frozen yogurt.	Ice cream, ice milk, custard, puddings, pies, cakes, cookies, candies, chocolate.
Miscellaneous	As Desired.	Spices, herbs, lemon, catsup, mustard, pickles, relish, sugar.	Sauces and gravies.

Type IIb, III Hyperlipoproteinemia Diets**Suggested Meal Plan**

Breakfast	Lunch	Dinner
Fruit or Juice	Fish, Poultry, or Substitute	Fish, Poultry, or Substitute
Cereal	Potato or Substitute	Potato or Substitute
Egg Substitute	Vegetable	Vegetable
Toast	Salad/Allowed Dressing	Fruit or Allowed Dessert
Margarine	Fruit	Bread
Skim Milk	Bread	Margarine
Beverage	Margarine	Skim Milk
	Beverage	Beverage