



SECTION ONE  
**Standard House Diets**

**Diet manual**

**Modified Fat Diet**

**Type V Hyperlipoproteinemia Diet**

<b>Food Groups</b>	<b>Servings/Day</b>	<b>Foods Allowed</b>	<b>Foods Not Allowed</b>
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./day	All meat and substitutes containing less than or equal to 3 gms fat/ounce: poultry (no skin); fish; lean, well-trimmed cuts of beef, veal, ham, pork, and lamb; press-dried luncheon meats. Cottage cheese, cheeses containing 3 gms fat/ounce or less. Peanut butter is limited to 1 tbs./day. 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 or untrimmed meats; commercially ground meat, organ meats; all other luncheon meats, cold cuts, bacon, sausage, frankfurters, scrapple, salt pork, chitterlings, fatback, spareribs. Soy-protein breakfast meat substitute. All other cheeses.
Eggs	As Desired.	Egg whites, egg substitute.	Egg yolks, whole eggs.
Potato or Substitute	As Desired.	Plain potato, pasta, rice.	Potato chips, french fries, potato, pasta, or rice prepared with whole or low-fat milk, cream, cheese, or egg yolk.
Vegetables	As Desired.	Fresh, frozen, canned, no added fat; vegetable juice.	Vegetables prepared with whole or low-fat milk, cream, cheese, or egg yolks.

## Type V Hyperlipoproteinemia Diet

Breads & Cereals	As Desired.	Breads and rolls: French, Italian, oatmeal, pumpernickel, raisin, rye, white, and whole wheat; English muffins; matzoh; saltines; graham crackers; pretzels. Unsweetened dry and cooked cereal, without added fat. Plain popcorn.	Breads containing added fats or cheese, biscuits, cornbread, crepes, muffins, popovers, quick breads, sweet rolls, donuts, toaster pastries, pancakes, waffles, croutons. Cereals containing sugar or added fat. Corn or tortilla chips. Deep-fat-fried snack foods.
Fruits & Fruit Juices	As Desired.	Any fresh, frozen, canned or dried except coconut.	Coconut.
Fats	3 servings/day	Vegetable oils except coconut or palm oil, margarine, mayonnaise, fat-free salad dressings as desired.	Meat or poultry fat, salt pork, bacon, lard, butter, butter/margarine blend, cream, cream cheese, sour cream, salad dressings containing ingredients not allowed, cocoa butter, non-dairy creamers containing palm oil, coconut oil, shortening, olives, avocado, all nuts.
Beverages	As Desired.	Coffee, decaffeinated coffee, tea; sugar-free carbonated beverages and fruit drinks.	Any containing fat; sweetened juices, drinks, and carbonated sodas.
Soups	As Desired.	Broth, broth-based soups; soups made with skim milk.	Cream soups made with whole milk, low-fat milk, or cream.
Desserts/Sweets	1 serving/day	Unsweetened gelatin, fruit ice, popsicle, angel-food cake, plain cocoa.	Sweetened gelatin, ice cream, ice milk, custard, puddings, pies, cakes, cookies, candies, chocolate.
Miscellaneous	As Desired.	Spices, herbs, lemon, catsup, mustard, pickles, relishes.	Sugar, sauces, and gravies.

**Type V Hyperlipoproteinemia Diet****Suggested Meal Plan**

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
Fruit or Juice	Fish, Poultry, or Substitute	Fish, Poultry, or Substitute
Cereal	Potato or Substitute	Potato or Substitute
Egg Substitute	Vegetable	Vegetable
Toast	Salad/Fat-free Dressing	Fruit or Allowed Dessert
Margarine (limit 1 tsp.)	Fruit	Bread
Skim Milk	Bread	Margarine (limit 1 tsp.)
Beverage	Margarine (limit 1 tsp.)	Skim Milk
	Beverage	Beverage