

LOW FAT DIET FOR DYSLIPIDEMIA

Recommended food

- Whole cereal flour, whole wheat bread or brown bread, Porridge oats, Unpolished rice
- Fresh vegetables & fruits
- PUFA rich foods like walnuts, flax seeds, sesame seeds etc.,
- Lean white meat
- Skimmed milk/low fat yogurt

Foods allowed in moderate quantity

- Mono unsaturated fatty acids like Almonds, Olives, avocados
- Refined vegetable oils like sunflower oil, olive oil, sesame oil
- Beverages

Foods to avoid

- Saturated fats like Red meat
- Deep fried foods ,pastries ,biscuits,cakes
- Trans fat products like vanaspati, margarine etc,