

## DIET GUIDELINES FOR LOWERING HIGH BLOOD CHOLESTEROL AND TRYGLICERIDES LEVELS

Type of food	ALLOWED FOOD	NOT ALLOWED FOOD
milk and products of milk	milk with low percentage of fats, joghurt, sour milk, kefir, cheese with low percentage of fats, small amounts	fat milk, ewe milk, cream, butter, kajmak, high fat cheese
eggs	white part	yellow part
bread, pastry, paste food	dark bread, rye bread (1 cutout), graham, hoecake, rice	white bread, crumpet with eggs and butter, baked goods
meat, fish, frutti di mare	blue and white fish, turkey, chicken, boiled beef, veal, lamb, poultry, gammon, smoked ham, chicken rumpsteak and bust, turkey bust	fatty pork and beef, fatty lamb, mince pie, entrails, sousage, salams, bacon, meat can
vegetables	boiled vegetables, without fats, salads, soya, soya products	all kind of potatoes (fried, mashed potatoes...)
fruits	apples, pears, orange, lemon, mandarines, quince, strawberries, raspberries, blueberries, blackberries ....	grapes, banana, figs, urme, candied and dried fruit, nuts, walnut, hazelnut
oils and fats	olive, soya, com, sunflower	margarine, pork fat, suet
spices	all spices, salt (max 3g/days), mustard, paper, cary, basil, kim....	mayonese, ketchup
sweets	sweets with sweeteners, dry cookies without fats	sugar, honney, marmelade, jam, cakes, pancakes, puddings, icecreams, chocolate
drinks	tea and coffe without sugar, mineral water, natural juices without sugar	all alcoholic drinks, juices, sparkling juices, cacao and chocolate

Yours,

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