

What to eat when increased cholesterol and triglycerides levels?

Kind of food	Allowed food	Not allowed food
Milk and milk products	skim milk, yogurt, sour milk, kefir, cheese in small amounts	whole milk, sheep milk, cream, butter, cream, fat cheese
eggs	White part of eggs	yolk
bread, biscuits, pasta	dark bread, rye bread, whole grains, graham, corn bread, rice	white bread, puff pastry with butter and eggs, snacks, biscuits
meat, fish, seafood	blue and white fish, turkey and chicken, cooked beef, veal, lamb, poultry, smoked ham, sliced chicken, turkey breast	fatty pork, beef, lamb, pate, offal, sausages, salami, pork cracklings, bacon, canned meat
vegetables	All types of cooked vegetables without oil, salads	Potatoes in all forms
fruit	apple, pear, orange, lemon, mandarin, quince, strawberries, raspberries, blackberries, blueberries	grapes, bananas, figs, dates, candied and dried fruits, nuts, almonds, hazelnuts
Oil and grease	olive, soybean, corn, sunflower oil	margarine, lard, tallow
spices	All Spices	mayonnaise, ketchup
sweets	sweets with artificial sweeteners, dry cookies without fats	sugar, honey, jam, cakes, cookies, pudding, ice cream, chocolate
drinks	Tea and coffee without sugar, mineral water, natural juices without sugar	all alcoholic beverages, soft drinks from carton, soda, cocoa and chocolate

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