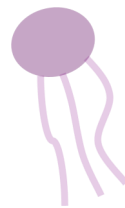


# Sample Menu for *High Triglycerides*



## Day 1

### **Breakfast**

3/4 cup oatmeal with fresh strawberries  
Skim milk  
1/2 cup orange juice

### **Snack**

Vegetables and hummus  
Coffee with skim milk

### **Lunch**

Avocado sandwich on whole grain bread with  
tomato, lettuce, and mozzarella cheese  
Grain salad (quinoa, bulgur, barley)

### **Snack**

1/4 cup nuts

### **Dinner**

Chicken breast, baked  
Baked potato with non-fat sour cream and chives  
Mixed green salad with olive oil and vinegar

### **Snack**

2 cups popcorn (air popped or popped in  
vegetable oil, seasoned with herbs/spices)

### **Nutrition Info**

**Calories:** 1785 kcal  
**Fat:** 84.1 g  
**Saturated fat:** 16.4 g  
**Cholesterol:** 98.4 g  
**Carbohydrate:** 191.6 g  
**Sugar:** 41 g  
**Fibre:** 39.4 g

## Day 2

### **Breakfast**

Peanut butter and banana sandwich on whole  
grain bread  
1/2 cup orange juice  
Coffee with skim milk

### **Snack**

3/4 cup yogurt with berries

### **Lunch**

Lunch salad with greens, canned fish (salmon or  
tuna), assorted vegetables and vinaigrette  
Whole wheat pita bread

### **Snack**

Whole grain crackers  
2oz low-fat cheese

### **Dinner**

Vegetarian pad thai with rice noodles and  
assorted vegetables

### **Snack**

Low-fat ice cream or frozen yogurt

### **Nutrition Info**

**Calories:** 1879 kcal  
**Fat:** 65.1 g  
**Saturated fat:** 16.1 g  
**Cholesterol:** 109.1 mg  
**Carbohydrate:** 247.1 g  
**Sugar:** 89.4 g  
**Fibre:** 27.4 g



### **Tips:**

*Drink water throughout the day and avoid sugar-sweetened beverages (fruit juice cocktails, sodas, iced tea), limit alcohol intake  
Limit added fats to unsaturated oils and margarine, avoid butter, lard, shortening, and coconut oil*

## Day 3

### **Breakfast**

Fruit smoothie

Toasted English muffin with margarine

### **Snack**

Apple

Low fat cheese

### **Lunch**

Chicken salad sandwich on whole grain bread

Baked potato chips

### **Snack**

1/4 cup almonds

### **Dinner**

Vegetarian chili topped with low fat sour cream

Tortilla chips with guacamole

### **Snack**

Greek yogurt with berries



### **Nutrition Info**

**Calories:** 1855 kcal

**Fat:** 65.8 g

**Saturated fat:** 10.3 g

**Cholesterol:** 30.1 mg

**Carbohydrate:** 266.4 g

**Sugar:** 72 g

**Fibre:** 43 g

## Day 4

### **Breakfast**

Omelet with 1/2 cup cooked vegetables

Whole grain toast

Whole orange

Coffee with skim milk

### **Snack**

3/4 cup Greek yogurt

One banana

### **Lunch**

Tuna melt on whole wheat English muffin with low fat cheese

Mixed green salad with vinaigrette

### **Snack**

Apple with peanut butter

### **Dinner**

Pasta with tomato sauce and mixed vegetables

Broccoli (steamed or boiled/sautéed in extra-virgin olive oil)

### **Snack**

Hummus with carrots



### **Nutrition Info**

**Calories:** 2012 kcal

**Fat:** 61.9 g

**Saturated fat:** 12.2 g

**Cholesterol:** 228.2 mg

**Carbohydrate:** 277.4 g

**Sugar:** 105.1 g

**Fibre:** 30 g

*This diet can be easily modified for people who also suffer from high cholesterol:*

- Limit consumption of whole eggs to one-two per week and opt for egg whites only
- Look for orange juice and margarine that is fortified with plant sterols
- Limit consumption of shrimp and squid, which are both high in cholesterol