

## **GUIDELINES FOR HIGH TRIGLYCERIDES AND HIGH LIPIDS**

- 1) **FOLLOW PORTION SIZES AS INDICATED ON THE MENU  
(CONTROL STARCHES AS INDICATED ON MENU)**
- 2) **USE SKIM MILK**
- 3) **USE SUGAR SUBSTITUTES INSTEAD OF SUGAR**
- 4) **USE SUGARFREE BEVERAGES AND FRUIT JUICES WITH NO  
ADDED SUGAR**
- 5) **SUBSTITUTE REGULAR CONCENTRATED SWEETS WITH:**
  - FRESH FRUIT OR IN OWN JUICE ( ONLY 2 PER DAY)**
  - SUGARFREE GELATIN**
  - SUGARFREE OR NO SUGAR ADDED PUDDING**
  - SUGARFREE OR NO SUGAR ADDED ICE CREAM**
- 6) **USE LEAN MEATS, BAKED, BROILED OR BOILED COOKED IN  
LOW FAT SAUCES (NO FRIED FOODS)**
- 7) **USE LIGHT MARGARINE, MAYONNAISE AND SALAD DRESSINGS**
- 8) **AVOID ALCOHOLIC BEVERAGES AND SWEETS**

Ana M. Alvarez, RD, LD, CDE (ND#0001819)

(954) 328-4506

**Registered Licensed Dietitian/Certified Diabetes Educator**