These are general guidelines to help lower blood cholesterol levels for people with kidney disease. Talk to your dietitian about how they fit into your specific renal diet.

### Choose healthier fats

- Use healthier fats such as canola oil, soya oil, flax seed oil or olive oil.
- Choose non-hydrogenated margarine made from canola, olive or soya oil, example: Becel®, non-hydrogenated Canola Harvest® or Olivina®.
- Limit total amount of added fat to 2 tablespoons per day.
- Choose oils that include omega-3 fats such as canola, soya or flax oils and talk to your doctor about fish oil supplements.

### Eat less saturated and trans fats

- Avoid saturated fats such as butter, lard, shortening, hard or hydrogenated margarine, coconut milk, palm and coconut oil.
- Limit saturated and trans fats, which are present in foods with “hydrogenated oil” or “partially hydrogenated oil” or “shortening”.
- 90% of trans fats are found in commercial baked goods, snack foods and fast foods.
- Limit creamy sauces/regular salad dressings and regular gravy.

### Choose lower fat dairy products

- Best choices: 1% or skim milk, yogurt or cottage cheese, part skim milk cheese (less than 20% M.F. or milk fat) and low fat sour cream.

  *Note: Dairy products are high in phosphorus. If you are on a phosphate restricted diet; limit to one ½ cup serving per day.*

- Rice drinks are a good milk substitute if you need to limit potassium or phosphorus, but choose non-enriched as the enriched versions contain phosphorus.
Select leaner cuts of meats, chicken and fish

- Trim fat from meat and remove skin from chicken.
- Bake, broil, BBQ, grill, steam or microwave; avoid frying and deep-frying.
- Choose fish at least twice a week (fresh, frozen or low salt canned in water). Salmon, Mackerel, & Lake Trout are good sources of Omega-3 fats.
- Eat shellfish in moderation.
- Eggs are nutritious and like many foods should be eaten in moderation. Limit eggs to: ________________________.
- Avoid: organ meats, bologna, salami, bacon, sausages and fatty cuts of meat.

Limit high fat snacks and desserts

- Limit: croissants, donuts, pastries, scones, biscuits, granola, commercial muffins, chips, cheezies, chocolates, cookies, ice cream, and regular microwave popcorn.
- Choose lower fat desserts like: angel food cake, homemade baked goods (lemon loaf & muffins), Rice Krispie® squares, sherbet, or sorbet.
- Try snacks like: air popped popcorn sprinkled with parmesan cheese, unsalted pretzels, unsalted crackers or bagel with cream cheese, vegetables with low fat dip, fruit, English muffin topped with a thin layer of peanut butter or homemade pancakes with applesauce.

Increase your fibre

Foods that are lower in potassium and phosphorus but are higher in fibre include:

- Fruits: canned pears or apple with the skin, berries (blackberries & raspberries), and rhubarb.
- Vegetables: boiled carrots, corn, peas, broccoli and green beans.
- Grains: oatmeal, limited Shredded Wheat®, Quaker Corn Bran®, Wheaties®, 60% whole wheat bread, light rye bread, Country Harvest Source One® or McGavins® “Smart” white bread.