

The Grossman Heart-Healthy Weight Loss Diet

Do Eat: Fish (especially salmon and other fatty fish), non-starchy vegetables, fresh fruit and nuts (especially walnuts, almonds or hazelnuts, with either no salt or minimal salt), and use olive oil liberally in place of butter or margarine. This is similar to the Mediterranean diet.



Don't Eat: For weight loss, avoid foods made with flour or sugar (bread, bagels, muffins, cookies, candies, pasta). Also, avoid potatoes and limit rice.



For cholesterol reduction, avoid animal fats (steaks, hamburgers, pork, butter, cheeses), trans-fats, and egg yolks.

Special cases: Dark chocolate OK, especially without sugar. If you are on a statin (such as Lipitor, Zocor, Crestor) and your LDL cholesterol is under control, you can have 4-6 eggs per week, and red meat once per week.



For Weight Loss: Eat smaller portions! Cut down on salty snacks, and caloric beverages such as alcohol. Weigh yourself daily. See our dietitian for more tips.

