The Grossman Heart-Healthy Weight Loss Diet

**Do Eat:** Fish (especially salmon, herring, mackerel, rainbow trout and sardines), non-starchy vegetables, fresh fruit and nuts (especially walnuts and almonds, with either no salt or minimal salt).

**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 3-4 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.