

Change Your Diet to Reduce Your Cholesterol

<i>Meat and Protein Foods</i>	
<p>Choose:</p> <ul style="list-style-type: none"> • Fish • Chicken and turkey without skin • Ground turkey—only 15% fat • Lean, well-trimmed beef, veal, lamb, and pork, with very little marbling • Small servings of meat, seafood, and poultry —7 ounces or less per day • Meatless protein occasionally— dried beans, lentils, split peas, peanut butter, tofu—instead of meat protein 	<p>Limit:</p> <ul style="list-style-type: none"> • Only 2 egg yolks per week (including those used in baked products and mixed dishes) • Large servings of shrimp • Fried chicken, duck • Fatty ground meat • Liver and organ meats • Prime, heavily marbled cuts of meat • Bacon, sausage, high fat deli meats
<i>Milk, Cheese and Dairy Products</i>	
<p>Choose:</p> <ul style="list-style-type: none"> • Skim or 1% low-fat milk only • Low-fat milk, evaporated skim milk, or nonfat dry milk powder in place of cream • Frozen yogurt, ice milk, sherbet, or sorbet instead of ice cream • Low-fat or nonfat yogurt • Low-fat cheeses—1% cottage cheese, skim-milk ricotta, skim-milk mozzarella, skim-milk American cheese products 	<p>Limit:</p> <ul style="list-style-type: none"> • Any milk containing more than 1% fat (whole, 2%) • Cream, half & half, nondairy creamer • Ice cream, whipped cream, nondairy whipped toppings • Whole-milk yogurt, sour cream U Whole-milk cheeses— Cheddar, American, Swiss, Muenster, cream cheese, Brie
<i>Fruits and Vegetables</i>	
<p>Choose:</p> <ul style="list-style-type: none"> • Several servings of these low-fat, high-nutrition foods daily: <ul style="list-style-type: none"> – Raw, steamed, boiled, baked, or stir-fried vegetables – Vegetables seasoned with herbs, lemon juice, or a small amount of margarine 	<p>Limit:</p> <ul style="list-style-type: none"> • Coconut—the only fruit high in saturated fat • Deep-fat-fried vegetables U Cream sauce, cheese sauce, or butter on vegetables
<i>Breads and Cereals</i>	
<p>Choose:</p> <ul style="list-style-type: none"> • Plain breads, English muffins, bagels • Plain pasta, rice • Hot or cold cereal with no added fat • Low-fat snack foods—pretzels, air-popped popcorn, rice cakes, Scandinavian flatbread crackers, melba toast • Low-fat baked goods— angel food cake, fruit cookies, graham crackers, gingersnaps, fortune cookies 	<p>Limit:</p> <ul style="list-style-type: none"> • High-fat baked goods—donuts, Danish pastry, croissants • Fried rice, crispy chow mein noodles • Granolas with coconut or coconut oil added • High-fat chips, cheese crackers, butter crackers • High-fat cakes, cookies, pies
<i>High Fat Foods</i>	
<p>Choose:</p> <ul style="list-style-type: none"> • Margarine or diet margarine made with liquid safflower, corn, or sunflower oil • Cooking oils high in mono-unsaturated fatty acids, such as olive and peanut oils, or oils high in polyunsaturates, such as safflower, sunflower, com, and soybean oils • Salad dressings and diet dressings made without saturated oils • Nut snacks in moderation (Although the fat in these foods is primarily unsaturated, they are high in total fat and calories.) 	<p>Limit:</p> <ul style="list-style-type: none"> • Butter or margarines made with partially hydrogenated oil • Lard, meat fat, hydrogenated or partially hydrogenated solid vegetable shortening; products made with coconut or palm oil • Salad dressings made with sour cream or cheese • Chocolate—high in saturated fat