# Change Your Diet to Reduce Your Cholesterol

## Meat and Protein Foods

**Choose:**
- 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

**Limit:**
- 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

## Milk, Cheese and Dairy Products

**Choose:**
- 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

**Limit:**
- 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

## Fruits and Vegetables

**Choose:**
- Several servings of these low-fat, high-nutrition foods daily:
  - Raw, steamed, boiled, baked, or stir-fried vegetables
  - Vegetables seasoned with herbs, lemon juice, or a small amount of margarine

**Limit:**
- Coconut—the only fruit high in saturated fat
- Deep-fat-fried vegetables U Cream sauce, cheese sauce, or butter on vegetables

## Breads and Cereals

**Choose:**
- 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

**Limit:**
- 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

## High Fat Foods

**Choose:**
- 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, corn, 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.)

**Limit:**
- 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