

How to cut down your cholesterol intake

DECREASE

DAIRY

Whole milk – regular
Evaporated, condensed
Hard cheeses
Whole-milk cottage cheese
(14%+ fat)
Ice Cream
Whole-milk yogurt
Imitation milk products – most
Non dairy creamers, whipped
toppings (note type of fat)

PROTEIN

Egg yolks – no more than 3 or
4 a week
Organ meats
Fatty red meats – beef, lamb, pork
Cold Cuts
Sausage, hot dogs, bacon
Spare ribs
Canned meats, meat mixtures
Duck

FRUITS & VEGETABLES

Added butter, margarine, creams,
and sauces
Coconut

BREADS & CEREALS

Baked goods – pies, cakes, cookies,
doughnuts, greasy rolls, and
muffins

FATS

Butter
Hydrogenated fats
Shortening
Chocolate
Coconut oil
Palm oil
Lard, bacon fat
Sour Cream
Cream, Half & Half
Most nondairy creamers

SUBSTITUTE

Skim or 1% fat milk – liquid,
powdered, evaporated
Low-fat yogurt
Low-fat American cheese
Low-fat cottage cheese
Farmer or pot cheese
Ice Milk

Buttermilk from skim milk

Poultry without skin
White fishes
Tuna, water-packed
Egg whites (2 whites = 1 whole
eggs in recipes)
Dried beans
Lean cuts of beef, pork, veal
(no more than 2-3 slices a week)
Cholesterol free egg substitutes

More fresh, frozen, canned, and
dried fruits and vegetables (avoid
heavy syrup calories)

Whole-grain breads & cereals
(oatmeal, whole wheat, rye, bran)
Rice, pasta, noodles (no added fat)

Polyunsaturated oils, corn,
safflower, soybean, sunflower
Margarine with one of the poly-
unsaturated oils listed first in
liquid form
Diet margarine
Imitation mayonnaise
Salad dressings made with poly-
unsaturated oils listed above or
diet dressings

GO EASY ON

2% fat milk
part – skim
mozzarella or
ricotta cheese

Nuts
Shellfish
Oily fish such as
salmon or
mackerel
Nut butters
Fish canned in oil

Avocados
Olives

Muffins and breads
made with poly-
unsaturated fats

Peanut oil
Olive oil
Mayonnaise
Reduced fat sour
cream or cream
cheese