

## Choosing Foods with Low Cholesterol and Low Saturated Fat

### **MEATS**

Recommended: Chicken, Turkey, Fish, Shellfish (Clams, Crab, Oysters, Scallops), Lean Meats, Low-fat Luncheon Meats.

Avoid: Duck, Goose, Heavily Marbled Meat, Luncheon Meat, Bacon, Sausage, Ham, Frankfurters, Organ Meat, Fried Meat. Also limit egg yolks to 3/week including those used in cooking

### **VEGETABLES and FRUITS**

Recommended: All Varieties

Avoid: If fried, served in butter, cream, or cheese sauces

### **BREADS and CEREALS**

Recommended: Breads made with a minimum of saturated fat such as: whole wheat, enriched white, oatmeal, rye, pumpernickel, English muffins, pita, pasta, cereal, rice, Melba toast, water crackers, matzos, pretzels, popcorn with polyunsaturated oil, and water bagels.

Avoid: Pastries, butter rolls, commercial biscuits, muffins, donuts, cakes, egg breads, cheese breads, commercial mixes containing dried eggs and whole milk. Many of these products are made with saturated fat (lard, butter, palm oil, coconut oil, hydrogenated vegetable oil)

### **MILK PRODUCTS**

Recommended : Skim 1% or nonfat 0% milk, evaporated skim milk, skim or low fat yogurt, cocoa or other low-fat drink powders, low fat cheese, dry-curd or low fat cottage cheese, cheese labeled as not more than 2 grams of fat per ounce.

Avoid: Low-fat milk 1 ½-2 % fat or whole milk, buttermilk or yogurt made from whole milk, drinks from whole, condensed, or evaporated milk, cream – all kinds, nondairy cream substitutes, coffee creamers, sour cream substitutes and palm oil, all cheese with more than 2 gram of fat per ounce: (cream cheese, creamed cottage cheese and most other cheeses such as American, Swiss, Mozzarella, and blue).

### **FATS and OILS**

Recommended: Margarines, liquid oil shortenings, salad dressings and mayonnaise from polyunsaturated oils, vegetable oils (corn, cottonseed, sesame, soybean, sunflower, safflower)

Avoid: Butter, lard, salt pork, meat fat, coconut oil, completely hydrogenated margarines and shortenings. Use peanut oil and olive oil occasionally for flavor.

### **DESSERTS, BEVERAGES, SNACKS and CONDIMENTS :**

Recommend: Fresh fruit and fruit canned without sugar, cocoa or carob powder, fruit ices, sherbet, frozen low fat yogurt, gelatin, fruit whip, angel food cake, cakes made with polyunsaturated oils, vinegar, mustard, herbs, and spices.

Avoid: Coconut, cream products, fried food snacks (potato chips, corn chips, etc.), chocolate pudding, ice cream, pies, cookies, and mixes.