

Eating to Lower Your Blood Cholesterol

A diet high in fat can increase your blood cholesterol and increase your risk of heart disease. By decreasing the amount of fat that you eat, you can lower your blood cholesterol and your risk of heart disease. Listed below are guidelines that will get you started on a low-fat eating plan.

Food Group	Choose More Often	Choose Less Often
Fish, chicken, turkey, lean meat, eggs, legumes	<ul style="list-style-type: none"> • Fish; poultry without skin; lean cuts of beef, lamb, pork or veal with fat trimmed; shellfish • Tofu, lentils, chickpeas, kidney beans, vegetarian baked beans • Ground beef 90% lean or higher • Cholesterol-free egg substitutes, egg whites 	<ul style="list-style-type: none"> • Fatty cuts of beef, lamb, pork; spareribs, organ meats, regular cold cuts, sausage, hot dogs, bacon, roe, sardines • Ground beef less than 90% lean • Ground beef less than 90% lean • Egg yolks (limit to 3-4 yolks per week)

Tips: Poultry without skin and fish are low in saturated fat. Select them more frequently than beef, pork or veal.

Food Group	Choose More Often	Choose Less Often
Skim and low-fat milk, yogurt, cheese and dairy substitutes	<ul style="list-style-type: none"> • Skim or 1% fat milk (liquid, powdered or evaporated), buttermilk • Non-fat or low-fat yogurt • Non-fat or low-fat cottage cheese, light ricotta cheese • Low-fat cheeses, farmer or pot cheeses (labeled with no more than 5g of fat/oz) 	<ul style="list-style-type: none"> • Whole or 2% milk (liquid, evaporated, condensed); cream, half and half, imitation milk products, most non-dairy creamers and whipped toppings • Whole milk yogurt • Whole milk cottage cheese, whole milk or part-skim ricotta • All natural cheeses (e.g. blue, Roquefort, camembert, cheddar, Swiss) and processed cheeses (e.g. American)
Fruits and vegetables	<ul style="list-style-type: none"> • Fresh, frozen or canned fruits and vegetables. 	<ul style="list-style-type: none"> • Vegetables or fruits prepared in butter, cream or other sauces; or fried or Tempura.

Food Group	Choose More Often	Choose Less Often
Breads, cereals, pasta, rice	<ul style="list-style-type: none"> • Whole-grain breads and cereals • Rice and pasta prepared in simple tomato, vegetable or fish sauces • Yolk-free noodles 	<ul style="list-style-type: none"> • Bread in which eggs are major ingredients • Rice and pasta fried or prepared in butter, cream or cheese sauces • Egg noodles
Fats and oils	<ul style="list-style-type: none"> • Baking cocoa • Unsaturated vegetable oils (e.g. corn, olive, canola, safflower) • Trans fat free tub or liquid margarine • Mayonnaise and salad dressings • Non-fat cream cheese and non-fat sour cream 	<ul style="list-style-type: none"> • Chocolate • Butter, coconut oil, palm oil, lard, bacon fat, shortening • Butter, stick margarine • Cream or cheese based salad dressings • Regular or light cream cheese, regular or light sour cream

Tips: Go easy on high-fat spreads and toppings. Use margarine and oils sparingly if weight reduction is recommended. Remember, fat provides more than twice the calories as the same amount of carbohydrates and protein.

Food Group	Choose More Often	Choose Less Often
Nuts, seeds, peanut butter and other nut butters	<ul style="list-style-type: none"> • Almonds, chestnuts, hazelnuts, peanuts, pecans, walnuts, pistachios, Brazil, cashews, macadamia nuts; pumpkin, sesame and sunflower seeds; peanut butter 	<ul style="list-style-type: none"> • Coconut

Tips: Use nuts and seeds sparingly. All are high in fat, except chestnuts.

Food Group	Choose More Often	Choose Less Often
Sweets and snacks	<ul style="list-style-type: none"> • Sherbet, sorbet, Italian ice, low-fat / fat-free, frozen yogurt and ice milk, fat-free ice cream • Homemade baked goods – use oil sparingly, fat-free store bought baked goods, angel food cake, low-fat cookies (e.g. fig bars, ginger snaps, and vanilla wafers) • Low-fat crackers (like saltines and graham), air-popped popcorn, pretzels 	<ul style="list-style-type: none"> • Ice cream • Regular pound and frosted cakes, pies and high-fat cookies • High-fat crackers, potato chips and buttered popcorn.

If you have questions, a nutrition education specialist is available to help at 1-508-852-6175 or 1-888-392-0183.