

How to cut down your cholesterol intake

DAIRY

Decrease

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

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

Go Easy On

2% fat milks
part – skim
mozzarella or
ricotta cheese

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

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

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

FRUITS & VEGETABLES

Added butter, margarine,
Creams, and sauces
Coconut

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

Avocados
Olives

BREADS & CEREALS

Baked goods – pies, cakes
Cookies, doughnuts
Greasy rolls and muffins

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

Muffins and
breads made
with poly-
Unsaturated
Fats)

FATS

Butter
Hydrogenated fats
Shortening
Chocolate

Polyunsaturated oils, corn,
safflower, soybean, sunflower
Margarine with one of the poly-
unsaturated oils listed first in
liquid form

Peanut oil
Olive oil
Mayonnaise
Reduced fat
sour cream or

Coconut oil
Palm oil
Lard, bacon fat
Sour cream
Cream, Half & Half
Most nondairy creamers

Diet margarine
Imitation mayonnaise
Salad dressings made with poly-
unsaturated oils listed above or
diet dressings

cream cheese