



HEALTH FOR LIFE

Tips For Lowering Cholesterol And Controlling Fat In Your Diet

Cholesterol This fat-like substance is necessary for good health. However, high cholesterol levels in the blood can cause heart and blood vessel diseases. Our bodies make cholesterol. We also get it from eating foods from animals (meat, milk, eggs, cheese, butter). Foods from plants (fruits, vegetables, grains) do not contain cholesterol.

Saturated Fats These fats are generally solid at room temperature. They tend to increase the amount of cholesterol in your blood.

Polyunsaturated & Mono-unsaturated Fats These fats are generally liquid at room temperature. They tend to lower blood cholesterol levels.

How Can I Lower My Blood Cholesterol Level?

☞ **Limit high cholesterol foods** such as egg yolks, fatty meats, organ meats, butter, whole milk and other high fat dairy products.

☞ **Decrease total fat intake, especially saturated fat.** Saturated fat is mainly in animal fats, but it is also present in some foods from plants, such as solid shortenings (Crisco™), cocoa butter and coconut & palm oils. These products are used in store-bought baked goods, non-dairy whipped toppings, cream substitutes, most peanut butter and some margarines. The names of common saturated fat and cholesterol sources in foods are listed below.

Sources of Saturated Fat and Cholesterol

Animal Fat	Coconut Oil	Meat Fat
Bacon Fat	Cream	Palm Kernel Oil
Beef Fat	Egg & Egg Yolk Solids	Palm Oil
Butter	Ham Fat	Pork Fat
Chicken Fat and Skin	Hardened Fat or Oil	Turkey Fat and Skin
Chocolate	Hydrogenated Vegetable Oil	Vegetable Shortening
Cocoa Butter	Lamb Fat	Whole-Milk Solids
Coconut	Lard	

☞ **Substitute Mono-unsaturated fat (olive oil, peanut oil, and canola oil) or polyunsaturated fat (safflower, corn and sunflower oils) for saturated fat in your diet.** Although mono-unsaturated and polyunsaturated fats are a better choice than saturated fats, all fats should be used in moderation.

☞ Increase fiber (soluble fiber in particular) by including at least 5 servings of fruits and vegetables per day. Other sources of soluble fiber include oat products and dried beans.

To lower the cholesterol and saturated fat in your diet:

- Bake, broil, roast or grill meats. Do not fry meats. Drain off any fat.
- Trim all visible fat from meats.
- Do not eat poultry skin. Remove skin before or after cooking and thoroughly clean poultry of fat before cooking.
- Refrigerate soups and meat drippings and remove hardened fat.
- Use skim, ½% or 1% milk whenever possible for drinking and cooking.
- Choose low-fat or non-fat dairy products (with 5 grams of fat or less per serving):
 - ▶ Part skim ricotta cheese
 - ▶ Non-fat plain yogurt
 - ▶ Non-fat or 1% cottage cheese or Farmers cheese
 - ▶ Alpine Lace, TM Weight Watcher's Natural, TM Cracker Barrel Light TM Kraft Light TM and Natural Cheeses TM, Healthy Choice TM low fat or fat free cheese
 - ▶ Part skim mozzarella cheese
 - ▶ Evaporated skim milk
- Use lean ground round or sirloin instead of ground chuck or regular ground hamburger. Better yet, try ground turkey. Be sure the turkey skin has not been ground into the meat. Ground turkey can be used as a substitute for ground beef in any recipe. If you are limiting sodium, do not use turkey sausage or lunch meats, as they are very high in salt. Also, fish has a higher content of polyunsaturated fat than red meat.
- Use low calorie or diet margarine instead of butter. Look for liquid vegetable oil or water as the first ingredient on the margarine label. Avoid margarines that list Partially Hydrogenated Vegetable Oils first on the ingredient list.
- Use low calorie or fat-free mayonnaise and salad dressings. The fat and calories are much lower. Good choices are:
 - ▶ Hellman's Light or Reduced Fat Mayonnaise TM
 - ▶ Miracle Whip Light or No Fat Miracle Whip TM
 - ▶ Any Weight Watcher's TM mayonnaise or margarine
 - ▶ Any low calorie or fat-free dressings, such as Kraft Free TM

- Consider replacing a meat meal with fish, vegetable patties, Tofu, or dried beans.
- When dining out, order salad dressings and mayonnaise to be “served on the side,” then use only part of the portion they serve you.
- Avoid regular sour cream, cream cheese, gravies and rich sauces (Hollandaise, cheese sauce, etc.) Use fat-free sour cream, cream cheese, or gravy.
- Avoid fried food, especially if it is breaded. Frying food can actually triple the amount of calories, all from added fat! Use non-stick vegetable oil spray (such as PAM™) for quick frying.
- Avoid cream sauces on vegetables. Avoid any vegetable cooked with meat fat or bacon. Avoid deep-fried vegetables such as french fried potatoes, zucchini or mushrooms.
- Use herbs to add flavor without adding fat.
- To follow current American Heart Association recommendations, limit red meat to 3 ounce portions (cooked), 3 times per week. Lean cuts of red meat include:

Beef	Veal	Pork	Lamb
Round	All trimmed cuts, except commercially ground	Shoulder (arm or picnic)	Leg
Sirloin		Leg (fresh)	Arm
Chuck		Tenderloin	Loin
Loin			

- Limit egg yolks to 3 per week total, in baking or eating. Use egg whites or egg substitutes (Egg Beaters™). Substitute 2 egg whites for a whole egg in recipes.
- Limit commercially prepared biscuits, pancakes, cornbread, waffles, muffins, sweet rolls, coffee cakes, and baked desserts. These items can be used in moderation if prepared from “scratch” using acceptable margarine or vegetable oil and egg substitutes.
- Avoid potato chips, corn chips, buttered popcorn. Use pretzels, fat free chips, air-popped or reduced fat microwave popcorn.
- Avoid ice-cream, use ice milk, low fat frozen yogurt, sherbet, sorbet.