

Lower Cholesterol Chart

MEAT & FISH

Choose lean meats (chicken, turkey, veal, and nonfatty cuts of beef with excess fat trimmed; one serving = 3 oz of cooked meat). Also, fresh or frozen fish, canned fish packed in water, and shellfish (lobster, crabs, shrimp, oysters). Limit use to no more than one serving of one of these per week. Shellfish are high in cholesterol but low in saturated fat and should be used sparingly. Meats and fish should be broiled (pan or oven) or baked on a rack.

EGGS

Egg substitutes and egg whites (use freely). Egg yolks (limit two per week).

FRUITS

Eat three servings of fresh fruit per day (1 serving = ½ cup). Be sure to have at least one citrus fruit daily. Frozen or canned fruit with no sugar or syrup added may be used.

VEGETABLES

Most vegetables are not limited (see reverse side). One dark green (string beans, escarole) or one deep yellow (squash) vegetable is recommended daily. Cauliflower, broccoli, and celery, as well as potato skins are recommended for their fiber content. (Fiber is associated with cholesterol reduction.) It is preferable to steam vegetables, but they may be boiled, strained, or braised with polyunsaturated vegetable oil (see below).

BEANS

Dried peas or beans (1 serving = ½ cup) may be used as a bread substitute.

NUTS

Almonds, walnuts, and peanuts may be used sparingly (1 serving = 1 tablespoonful). Use pumpkin, sesame, or sunflower seeds.

CEREALS

Use ½ cup of hot cereal or ¾ cup of cold cereal per day. Add a sugar substitute if desired, with 99% fat-free or skim milk.

MILK PRODUCTS

Always use 99% fat free or skim milk, dairy products such as low fat cheeses (farmer's, uncreamed diet cottage), low fat yogurt, and powdered skim milk.

FATS & OILS

Use soft (not stick) margarine; vegetable oils that are high in polyunsaturated fats (such as safflower, sunflower, soybean, corn, and cottonseed). Always refrigerate meat drippings to harden the fat and remove it before preparing gravies.

DESSERT & SNACKS

Limit to two servings per day; substitute each serving for a bread/cereal serving: ice milk, water sherbet (¼ cup); unflavored gelatin or gelatin flavored with sugar substitute (1/3 cup); pudding prepared with skim milk (½ cup); egg white souffles; unbuttered popcorn (1 1/2 cups). Substitute carob for chocolate.

BEVERAGES

Fresh fruit juices (limit 4 oz per day); black coffee, plain or herbal teas; soft drinks with sugar substitutes; club soda, preferably salt free; cocoa made with skim milk; or nonfat dried milk and water (sugar substitute added if desired); clear broth. Alcohol: limit two servings per day (see reverse side).

MISCELLANEOUS

You may use the following freely: vinegar, spices, herbs, nonfat bouillon, mustard. Worcestershire sauce, soy sauce, flavoring essence.