

Foods to Use for Low-Cholesterol Diets

Meats/Fish

Choose lean meats (chicken, turkey, veal and non-fatty cuts of beef with excess fat trimmed) (1 serving=3 oz). 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=1/2 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. One dark green (escarole) or one deep, yellow (squash) vegetable is recommended. 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.

Beans

Dried peas or beans (1 serving=1/2 cup) may be used as a bread substitute.

Nuts

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

Breads / Grains

One roll, one slice of whole-grain bread or one slice of enriched bread may be used. Three soda crackers or four pieces of Melba toast are a bread substitute, as well as a 1/2 cup of spaghetti, rice or noodles. You may also substitute 1/2 large ear of corn as a bread serving. In preparing these foods, do not use butter or shortening; use soft margarine. Also use egg and sugar substitutes. Choose high-fiber grains, such as oats and whole wheat.

Cereals

Use 1/2 cup of hot cereal or 3/4 cup of cold cereal per day. Add a sugar substitute if desired, with 99% fat-free or skim milks.

Milk Products

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

Fats / Oils

Use soft, non-stick margarine and 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.

Desserts

Limit to two servings per day. Substitutions per serving: bread/cereal serving, ice milk, water, sherbet (1/4 cup), unflavored gelatin or gelatin flavored with sugar substitute (1/3 cup), pudding prepared with skim milk (1/2 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, teas, diet soft drinks, club soda, cocoa (with skim or non-fat dried milk) water and clear broth.

