

LOW CHOLESTEROL LOW SATURATED FAT

FOOD GROUPS	CHOOSE MORE OFTEN	CHOOSE LESS OFTEN*
<p>Beverages and Milk Products Foods should contain no more than 2 grams fat.</p>	<p>Carbonated beverages Cereal beverages Coffee, regular or decaffeinated Tea, regular or decaffeinated Skim buttermilk, 99% fat free sweet acidophilus milk, skim milk, evaporated milk, ½% milk, 1% milk Fat free yogurt</p>	<p>Whole milk, 2% milk Half and Half Buttermilk, cocoa or chocolate milk made from 2% or whole milk Yogurt made from 2% or whole milk.</p>
<p>Breads No more than 3 grams fat per serving.</p>	<p>Rye, cracked wheat, whole wheat or white bread rolls Graham, saltine, or soda crackers Melba toast Unbuttered popcorn, pretzels, fat free chips Fat free crackers, matzo, bagels, pita bread, flour or corn tortillas</p>	<p>All other crackers Buttered popcorn</p>
<p>Breads prepared with Fat No more than 5 grams of fat per serving—limit to one choice per day</p>	<p>Homemade biscuits, muffins, pancakes, sweet rolls, French toast, waffles using allowed ingredients</p>	<p>Commercially prepared biscuits, muffins, pancakes, sweet rolls, French toast, waffles, croissants, coffee cake, Danish—unless marked fat free</p>
<p>Cereals No more than 3 grams fat per serving</p>	<p>All cereals except granola Include more oatmeal and oatbran</p>	<p>Granola Cereals containing coconut or nuts</p>
<p>Desserts NO more than 2 grams fat</p>	<p>Angel food cake Gelatin desserts Fruit ice, popsicles, sherbet Puddings made with skim milk and no egg yolks Non fat frozen yogurt Fat free cakes, cookies, etc</p>	<p>Cakes and all other desserts containing fat or egg yolks Custards, ice cream, ice milk</p>
<p>Fruit and Fruit Juices Fruit and fruit juices contain no fat</p>	<p>All fruits and fruit juices</p>	<p>None Avocado allowed under fat</p>

LOW CHOLESTEROL LOW SATURATED FAT

FOOD GROUPS	CHOOSE MORE OFTEN	CHOOSE LESS OFTEN*
<p>Potatoes and Substitutes Foods should have no more than 2 grams fat</p>	<p>Macaroni Noodles made without egg yolks Pasta Sweet or whit potatoes Rice</p>	<p>French fries, fried potatoes, Au Gratin potatoes, creamed potatoes, hash brown potatoes Potato chips Potato salad Chips 'with fat' (Fritos, Doritos, etc.) Fried rice, chow mein noodles Egg noodles, pasta and rice prepared with cream, butter, or margarine</p>
<p>Fats 1 serving from the fat group contains approximately 5 grams fat. Limit to ___servings per day *Margarines should list liquid oil as the first ingredient on the label.</p>	<p><u>Polyunsaturated Fats</u> Diet tub margarine, mayonnaise, salad dressing, mayonnaise type Regular (1 teaspoon) Light Diet (1 tablespoon) <u>Salad Dressing</u> Low calorie (2 tablespoons) Regular (1 tablespoon) <u>Vegetable Oil</u> Corn, safflower, cottonseed, soy bean, sunflower (1 teaspoon) <u>Seeds</u> Sunflower, pumpkin (1 tablespoon) <u>Nuts</u> Almonds, dry roasted (6 whole) Pecans (2 whole) Walnuts (2 whole) Pistachio (18 whole) Other Nuts (1 tablespoon) *2 tablespoons nondairy creamers made with permitted oils</p>	<p><u>Saturated Fats</u> Bacon (1 strip) Bacon Fat (1 teaspoon) Butter (1 teaspoon) Coconut (1/2 ounce) -Dried (2 tablespoons) -Fresh (1"x1"x3/8") Cream cheese (1 tablespoon) Lard (1 teaspoon) <u>Nuts</u> Filberts (5 nuts or 1 tablespoon) <u>Oil</u> Coconut (1 teaspoon) Palm (1 teaspoon) Shortening (1 teaspoon) Sour cream (2 tablespoons) Whipped butter (2 teaspoons)</p>

LOW CHOLESTEROL LOW SATURATED FAT

FOOD GROUPS	CHOOSE MORE OFTEN	CHOOSE LESS OFTEN*
<p>Fats</p> <p>1 serving from the fat group contains approximately 5 grams fat</p> <p>Limit to ___ servings per day</p>	<p><u>Monounsaturated Fats</u></p> <p><u>Oil</u></p> <p>Canola (1 teaspoon)</p> <p>Olive (1 teaspoon)</p> <p>Peanut (1 teaspoon)</p> <p><u>Seeds</u></p> <p>Sesame (1 tablespoon)</p> <p><u>Nuts</u></p> <p>Cashews (6 nuts)</p> <p>Peanut Butter (2 teaspoons)</p> <p>Peanuts (10 large or 20 small)</p> <p>Macadamia (4 nuts)</p> <p>Olives (5 large or 10 small)</p> <p>Avocado (1/2 medium or 2 tablespoons)</p>	<p>None.</p>

*Margarines should list liquid vegetable oil as the first ingredient on the label.

LOW CHOLESTEROL LOW SATURATED FAT

FOOD GROUPS	CHOOSE MORE OFTEN	CHOOSE LESS OFTEN*
<p>Meat, Eggs, and Cheese (prepared without fat)</p> <p>1 serving contains approximately 10-15 grams fat.</p> <p>Limit serving to 2 servings per day (A total of 5 ounces meat/meat substitute – cooked)</p>	<p>1 serving equals: ~2-3 ounces lean beef, ham, lamb, pork, veal ~1/2-3/4 cup low fat cottage cheese ~2-3 ounces chicken or turkey without skin ~2-3 ounces fish or shellfish ~1/2-3/4 cup canned tuna fish or salmon, packed in water ~2-3 tablespoons peanut butter ~2-3 ounces low fat cheese or processed meats (All should be labeled less than 5 grams fat per ounce) (No limit on fat free cheese) ~1-1 1/2 cup (8-12 ounces) tofu ~1/2-3/4 cup tempeh</p> <p>~Limit red meat including beef, ham, veal, pork to no more than three 3 ounce portions per week</p> <p>~Limit use to no more than two servings per week: 1 egg yolk (No limit on egg substitute)</p> <p>~Use no more than once a week: 4 ounces shellfish</p> <p>~2 ounces of liver may be substituted for one egg</p>	<p>Bacon, hot dogs, luncheon meats, sausage</p> <p>Glandular meats—brain, heart, kidney, liver, sweetbreads, trips</p> <p>All other cheeses</p> <p>Frozen dinners and entrees (Allowed Healthy Choice, Lean Cuisine, Weight Watchers entrees)</p> <p>Fried cheese, eggs, fish, meat or poultry</p> <p>Canned tuna fish or salmon packed in oil</p>

*Choose lean cuts of meat and lean ground meat. Trim all visible fat before cooking. Bake, boil, roast, or stew meat so that you can discard the fat which cooks out of the meat. Egg whites are allowed everyday.

LOW CHOLESTEROL LOW SATURATED FAT

FOOD GROUPS	CHOOSE MORE OFTEN	CHOOSE LESS OFTEN*
<p>Soups Food should have no more than 2 grams fat</p>	<p>Bouillon Canned, dehydrated, frozen or home made broths and soups from which the fat has been skimmed off. Soups made from dried beans and peas, prepared without added fat. Homemade cream soups made with skim milk.</p>	<p>Any soups to which fat has been added Commercially prepared cream soups or soups made with whole or 2% milk.</p>
<p>Sweets Permitted sweet contain negligible fats</p>	<p>Hard candy, gum drops, jelly beans, marshmallows, plain mints. Honey, molasses, syrup Jam, jelly, marmalade, preserves Sugar</p>	<p>Candy made with milk chocolate, coconut, cream or nuts</p>
<p>Vegetables Food should contain no more than 1 gram fat</p>	<p>All canned, fresh or frozen vegetables prepared without added fat</p>	<p>Au Gratin, buttered, creamed, fried vegetables Coleslaw Potato salad</p>
<p>Miscellaneous Permitted items contain negligible fat</p>	<p>Fat free gravy Herbs and spices Ketchup, mustard White sauce if made with permitted fat and skim milk Chocolate syrup Vinegar Cocoa Fat free mayonnaise, salad dressing, margarines, cream cheese, sour cream</p>	<p>Chocolate fudge topping Food made with gravies and rich sauces Hydrogenated peanut butter Commercially deep fried snacks</p>

- Note on Food Preparation

All foods should be made without added fat or you must use the fat from you daily fat allowance. For example, ½ cup serving coleslaw and potato salad can count towards 1 fat exchange.

*Trans fatty acids (“Hydrogenated” or “Partially Hydrogenated” oils on food ingredient label) are found mostly in baked good and fried foods. These are to be kept to a minimum. Trans fatty acids increase LDL and total cholesterol, such as saturated fatty acids. Both should be kept to less than 7% of total calories.