

Low Cholesterol, heart-healthy diet

Meat, Poultry, Fish, and Shellfish

(up to 6 ounces/day)

Choose: Lean cuts of meat with fat trimmed, chicken and turkey without skin, and fish.

Go Easy: Shellfish

Avoid: "Prime"-grade fatty cuts of meat, goose, sausage, bacon, regular luncheon meats, and hot dogs.

Dairy products

(2 or more servings/day; 3-4 for pregnant or breastfeeding women)

Choose: Skim milk, 1% fat milk, low fat buttermilk, evaporated skim milk, low fat yogurt, low fat cottage cheese, cheese with no more than 3 grams of fat per ounce.

Go Easy: 2% fat milk, part-skim ricotta, part-skim or imitation hard cheeses (like part-skim milk mozzarella), "lite" cream cheese, "lite" sour cream.

Avoid: Whole milk, cream, half-and-half, whipped cream, custard-style yogurt, whole milk ricotta, hard cheeses (like Swiss, American, cheddar, muenster), cream cheese, sour cream.

Eggs

Choose: Eggs whites, cholesterol-free egg substitutes.

Go Easy: Egg yolks (3-4/week)

Fats and Oils

(approximately 5-8 teaspoons/day)

Choose: Corn, olive, canola, safflower, sesame, soybean, and sunflower oils; margarine that has liquid vegetable oil as the first listed ingredient and <2 grams of saturated fat per serving.

Go Easy: Nuts, seeds, avocados, olives, peanut oil.

Avoid: saturated fat, butter, lard, bacon fat, coconut, palm and palm kernel oils.

Breads, Cereals, Pasta, Rice, Dried peas, and Beans

(6 or more servings/day)

Choose: Most breads, water, bagels, English muffins, rice cakes, low-fat crackers (like matzo, bread sticks, rye crisps, saltines); hot and cold cereals, spaghetti, macaroni, noodles, and any grain rice; dried peas and beans; plain baked potato.

Go Easy: Store-bought pancakes, waffles, biscuits, muffins, and cornbread.

Avoid: Croissants, sweet rolls, danish, doughnuts, and crackers made with saturated oils; granola-type cereals made with saturated oils; egg noodles, pasta, and rice prepared with cream, butter or cheese sauces, and scalloped potatoes.

Fruits and Vegetables

(5 or more servings/day)

Choose: Fresh, frozen, or dried fruits; canned fruits (watch sodium content)

Go Easy: Canned fruit in heavy syrup

Avoid: Coconut, vegetables prepared in butter, cream, or sauce.

Snacks

(in very limited amounts)

Choose: Sherbet, sorbet, italian ice, low-fat frozen yogurt, popsicles, angel food cake, fig bars, gingersnaps, low-fat jelly beans and hard candy, plain popcorn, pretzels, fruit juices, tea, and coffee.

Go Easy: Ice milk, fruit crisps and cobblers, homemade cakes, cookies, and pies prepared with unsaturated oils.

Avoid: Ice cream, frozen tofu, candy, chocolate, potato chips, buttered popcorn, milkshakes, frappes, floats, eggnog, store-bought pies, most store-bought frosted and pound cakes.