





FOODS TO CHOOSE:


 **MEATS & FISH.** Choose lean meats such as chicken, turkey, veal, and non-fatty 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 these per week. Shellfish are high in cholesterol but low in saturated fats 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.


 **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.


 **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.


 **VEGETABLES.** Most vegetables are not limited. 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.


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


 **BREAD & GRAINS.** One roll or one slice of whole-grain or enriched bread may be used, or three soda crackers or four pieces of melba toast as a bread substitute. Spaghetti, rice, or noodles (½ cup) or ½ large ear of corn may be used as a bread substitute. 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.

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

 **FATS & OILS.** Use soft (non-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.


 **DESSERTS & 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); puddings prepared with skim milk (½ cup); egg white soufflés; unbuttered popcorn (1 ½ 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.

 **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.


LOW-CHOLESTEROL


FOODS TO AVOID:


 **MEATS & FISH.** Marbled beef, pork, bacon, sausage, and other pork products; fatty fowl (duck, goose); skin and fat of turkey and chicken; processed meats; luncheon meats (salami, bologna); frank-furters and fast-food hamburgers (they're loaded with fat); organ meats (kidneys, liver); canned fish packed in oil.


 **EGGS.** Limit egg yolks to two per week.


 **FRUITS.** Coconuts (rich in saturated fats).


 **MILK PRODUCTS.** Whole-milk and whole-milk packaged goods; cream; ice cream, whole-milk puddings, yogurt, or cheeses; non-dairy cream substitutes.


 **VEGETABLES.** Avoid avocados. Starchy vegetables (potatoes, corn, lima beans, dried peas, beans) may be used only if substitutes for a serving of bread or cereal.


 **NUTS.** Avoid nuts. Limit peanuts and walnuts to one tablespoon per day.

 **BREAD & GRAINS.** Any baked goods with shortening and/or sugar. Commercial mixes with dried eggs and whole milk. Avoid sweet rolls, doughnuts, breakfast pastries (Danish), and sweetened packaged cereals (the added sugars convert readily to triglycerides.)

 **BEANS.** Commercial baked beans with sugar and/or pork added.

 **FATS & OILS.** Butter, lard, animal fats, bacon drippings, gravies, cream sauces, as well as palm and coconut oils. All these are high in saturated fats. Examine labels on "cholesterol free" products for "hydrogenated fats." (These are oils that have been hardened into solids and in the process have become saturated).

 **DESSERTS & SNACKS.** Fried snack foods like potato chips, chocolate, candies in general, jams, jellies, syrup, whole-milk puddings, ice creams and milk sherbets, hydrogenated peanut butter.

 **BEVERAGES.** Sugared fruit juices and soft drinks, cocoa made with whole milk and/or sugar. When using alcohol (1 oz. liquor, 5 oz. beer, or 2½ oz. dry table wine per serving), one serving must be substituted for one bread or cereal serving (limit two servings of alcohol per day.)



YOU MAY USE THE FOLLOWING AS YOU LIKE:

VINEGAR, SPICES, HERBS, NONFAT BOUILLON, MUSTARD, WORCESTERSHIRE SAUCE, SOY SAUCE, FLAVORING ESSENCE.