

Eating Heart Healthy

About Your Low Cholesterol, Low Fat Diet



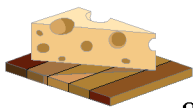
Eat 5 or more servings of fruits or vegetables every day.
Eat fresh, frozen or canned with no added fat or sugar.



Drink or eat 2 to 3 servings of milk or dairy foods each day, such as nonfat or low-fat yogurt or soymilk.



Drink skim, ½%, 1% milk or buttermilk instead of 2% or whole milk.



Choose low-fat cheese such as part-skim mozzarella, 2% cheddar and low-fat cottage cheese.



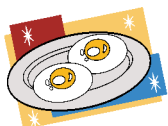
Eat 6 or more servings of whole grain breads and cereals, bran cereal, oats, whole-wheat pasta, dried beans, peas, lentils, or starchy vegetables every day.



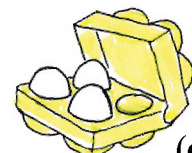
Eat up to 6 ounces per day of lean meat, chicken or turkey without the skin, and fish.
Healthy fish choices are albacore tuna, trout, salmon, and mackerel.



- Trim the fat off meat and take the skin off chicken and turkey before cooking.
 - Do not fry beef, chicken, pork, or fish.
 - Cook with little or no fat:
boil, broil, bake, roast, grill, poach, steam, sauté, or microwave.
- Use cooking sprays or small amounts of canola, olive, or peanut oils.



Eat no more than 4 egg yolks a week.
Egg whites or egg substitutes are better choices.
Cook eggs with cooking spray instead of oil and butter.



(over)

Your grocery shopping list



OK to buy



Fresh, frozen or canned light fruits

Fresh, frozen or canned
'no added salt' vegetables



Starches:

Whole grain breads and cereals
Bran cereal, oats
Dried beans, peas, lentils
Potatoes, corn, green peas

Dairy foods:

Skim or 1% milk
Low-fat buttermilk
Nonfat or low-fat yogurt
Low-fat soymilk
Low-fat or fat free cheeses
Part-skim mozzarella
2% cheddar
Low-fat or fat free cottage cheese

Lean meats:

Lean beef
Chicken or turkey
Fish (fresh or canned water packed)

Good choices are:
Solid white albacore or chunk light tuna

Salmon
Mackerel
Trout



Cooking fats:

Olive, canola, peanut oils
Vegetable oils
Cooking sprays, such as Pam.



Healthy Snacks:

Baked chips
Low-fat or fat free cookies
Light, unsalted popcorn
Graham crackers
Vanilla wafers
Unsalted crackers
Jello
Fat-free puddings
Frozen juice bar
Angel food cake



Other fats:

Light mayonnaise, salad dressings
Liquid or soft light margarine with 'no trans fats'



Stay away from



Fried foods:

Fried meats such as beef, chicken, pork and fish
French fries
Fried vegetables

High fat snacks:

Ice cream
Pork rinds or skins
Chips
Snack cakes and pastries
Large muffins, and donuts
Candy bars
Buttered popcorn
Taqitos
Jalapeño poppers

Dairy foods:

2%, whole milk
Regular cheeses

Fatty meats:

Regular ground meat
Bologna, salami
Hot dogs, hot links
Bacon
Sausage (beef, pork, turkey)
Brisket
Ribs (beef or pork)
Hog maws, neck bones
Canned meats,
Spam, Potted meat
Vienna sausage
Beef stew
Canned chili

Other foods:

Burritos
Pizza
Pot pies
Ramen noodles

Organ meats: (all types)

Livers
Brains
Chitterlings
Kidneys
Heart
Gizzards
Sweetbreads

Cooking fats:

Butter, stick margarine
Grease
Lard
Shortening
Salt pork
Fat back
Ham hocks
Bacon