

Low-Cholesterol, Heart-Healthy Diet

Proper diet is an important part of lowering your cholesterol.
To get the nutrients you need, you have to eat a variety of foods from the different food groups.

Group	Choose	Go Easy	Avoid
Meat, poultry, fish, and shellfish (up to 6 ounces per day)	Lean cuts of meat with fat trimmed, chicken and turkey without skin, fish	Shellfish	"Prime"-grade fatty cuts of meat, goose, duck, liver, kidneys, sausage, bacon, regular luncheon meats, hot dogs
Dairy products (2 or more servings per day; 3-4 for pregnant or breast-feeding women)	Skim milk, 1% fat milk, low-fat buttermilk, evaporated skim milk, low-fat yogurt, low-fat cottage cheese, cheeses with no more than 3 grams of fat per ounce	2% fat milk, yogurt, part-skim ricotta, part-skim or imitation hard cheeses (like part-skim milk mozzarella), "lite" cream cheese, "lite" sour cream	Whole milk, cream, half-and-half, imitation milk products, whipped cream, custard-style yogurt, whole-milk ricotta, hard cheeses (like Swiss, American, cheddar, muenster), cream cheese, sour cream
Eggs	Egg whites, cholesterol-free egg substitutes	Egg yolks (3-4/week)	
Fats and oils (approximately 5-8 teaspoons per day)	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	Nuts, seeds, avocados, olives, peanut oil	Saturated fat, butter, lard, bacon fat, coconut, palm, and palm kernel oils
Breads, cereals, pasta, rice, dried peas, and beans (6 or more servings per day)	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	Store-bought pancakes, waffles, biscuits, muffins, and cornbread	Croissants, sweet rolls, danish, doughnuts, crackers made with saturated oils; granola-type cereals made with saturated oils; egg noodles, pasta, and rice prepared with cream, butter, or cheese sauces; scalloped potato
Fruits and vegetables (5 or more servings per day)	Fresh, frozen, or dried fruits; canned fruits (watch sodium content)	Canned fruit in heavy syrup	Coconut, vegetables prepared in butter, cream, or sauce
Snacks (in very limited amounts)	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, coffee	Ice milk, fruit crisps and cobblers, homemade cakes, cookies and pies prepared with unsaturated oils	Ice cream, frozen tofu, candy, chocolate, potato chips, buttered popcorn, milkshakes, frappes, floats, eggnog, store-bought pies, most store-bought frosted and pound cakes