

Foods Low in Saturated Fat, Trans Fat and Cholesterol

Food Group	Recommended	Avoid or Use Sparingly
<p style="text-align: center;">Grains</p> <ul style="list-style-type: none"> ■ 6 servings or more per day ■ 1 serving = 1 slice of bread or ½ hamburger bun, ½ English muffin or ½ bagel ■ Eat 2 servings of whole grains each day, such as foods with the first ingredient of whole wheat, whole grain barley, whole oats, or cracked wheat, whole rye. 	<ul style="list-style-type: none"> ■ breads: all kinds (wheat, rye, raisin, white, oatmeal, Italian, French, and English muffin bread) ■ low-fat rolls: English muffins, frankfurter and hamburger buns ■ water (no egg) bagels ■ pita bread ■ tortillas (not fried) ■ pancakes, waffles, biscuits, and muffins made with recommended oils ■ snack chips: choose baked or varieties without hydrogenated fats (trans fats) 	<ul style="list-style-type: none"> ■ products made with egg yolks, saturated oils, or whole milk products ■ butter rolls, egg breads, egg bagels, cheese breads, croissants, scones ■ commercial doughnuts, muffins, sweet rolls, biscuits, waffles, pancakes, store-bought mixes (Many of these products contain trans fats.)
<p style="text-align: center;">Crackers</p>	<ul style="list-style-type: none"> ■ low-fat crackers and snacks: animal, graham, rye, saltine (with recommended oil and no lard), bread sticks, melba toast, rusks, flatbread, pretzels, popcorn (made with a recommended fat), zwieback, Wasa crackers <p>Read labels to avoid hydrogenated fats (trans fats).</p>	<ul style="list-style-type: none"> ■ high-fat crackers: cheese crackers, butter crackers, and those made with coconut, palm oil, palm kernel oil or trans fat ■ buttered popcorn
<p style="text-align: center;">Cereals</p> <ul style="list-style-type: none"> ■ 1 serving = 1 oz. dry cereal or ½ cup cooked cereal 	<ul style="list-style-type: none"> ■ hot or cold cereals: all kinds except granola-type cereals made with coconut or coconut oil 	<ul style="list-style-type: none"> ■ cereals containing coconut, hydrogenated vegetable fat or animal fat
<p style="text-align: center;">Potatoes/Pasta/Rice</p> <ul style="list-style-type: none"> ■ 1 serving = ½ cup cooked rice, pasta, mashed potatoes, barley, kasha (buckwheat), or one small baked potato 	<ul style="list-style-type: none"> ■ all kinds of potatoes, rice, and pasta (such as macaroni, spaghetti, and noodles) ■ barley ■ kasha and cereals made with kasha (except those with trans fat) 	<ul style="list-style-type: none"> ■ pasta or rice prepared with whole eggs, cream sauce or high fat cheese ■ egg pasta ■ chow mein noodles ■ french fries

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(over)

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<p style="text-align: center;">Vegetables</p> <ul style="list-style-type: none"> ■ 3 servings or more per day ■ 1 serving = 1 cup raw or ½ cup cooked 	<ul style="list-style-type: none"> ■ all vegetables and vegetable juices 	<ul style="list-style-type: none"> ■ vegetables in cream ■ butter or high fat cheese sauces ■ vegetables fried in shortening, lard and/or butter
<p style="text-align: center;">Fruits</p> <ul style="list-style-type: none"> ■ 2 servings or more per day ■ 1 serving = ½ cup juice or canned fruit or one piece of fresh fruit 	<ul style="list-style-type: none"> ■ all fruits ■ all 100% fruit juices ■ orange juice with plant stanols/sterols (a special orange juice with plant stanols/sterols to help lower cholesterol levels) 	<ul style="list-style-type: none"> ■ fruit in cream or custard
<p style="text-align: center;">Meat, poultry, fish</p> <ul style="list-style-type: none"> ■ The American Heart Association recommends no more than 6 ounces of cooked lean meat, poultry, fish or seafood a day. ■ Note: If you are on the TLC diet, limit cooked lean meat, poultry, fish or seafood to no more than 5 ounces a day. ■ Try to eat two servings of fish each week. 	<ul style="list-style-type: none"> ■ fish: Choose fish high in omega-3 fatty acids such as salmon, mackerel, lake trout, herring, sardines, albacore tuna. ■ shellfish: Shrimp and cray-fish have more cholesterol than most other types of fish and seafood. They are lower in saturated fat and total fat than most meats and poultry. ■ beef: lean cuts include top round, top loin, round tip, eye of round, sirloin, tenderloin, flank ■ pork: loin chops, roasts, butterfly chops, sirloin chops, tenderloin, Canadian bacon, ham ■ lamb: chops, leg, roast ■ poultry: chicken, turkey (with skin removed) ■ wild game: venison, wild duck, rabbit, pheasant 	<ul style="list-style-type: none"> ■ prime grade of meat, short ribs, spare ribs, rib eye roast or steak ■ mutton and caviar ■ commercially fried fish (trans fat) ■ domestic duck, goose ■ venison sausage ■ organ meats: liver, gizzard, heart, chitterlings, brains, kidney, sweetbreads ■ Avoid battered and breaded products. ■ Avoid frankfurters (hot dogs), sausage, salt pork, bacon and high-fat luncheon meats (salami, bologna, summer sausage). ■ Limit shellfish to no more than one serving each week.

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<p>Vegetarian meal planning</p> <ul style="list-style-type: none"> ■ 2 to 3 servings per day ■ 1 serving = ½ cup cooked beans (such as pinto, kidney, black beans, etc.), peas or lentils; 2 tablespoons nuts, seeds or peanut butter; ¼ cup tofu or tempeh; 1 cup soy milk 	<ul style="list-style-type: none"> ■ meatless meals made with beans, peas, lentils, tofu (soybean curd), vegetarian-type burgers, non-hydro-genated peanut butter 	
<p>Eggs</p>	<ul style="list-style-type: none"> ■ Egg yolks are high in cholesterol. One average egg yolk has about 213 mg of cholesterol. ■ Limit egg yolks to no more than 2 each week. ■ Egg whites or low cholesterol egg substitutes may be used as desired. 	
<p>Milk, yogurt, cheese</p> <ul style="list-style-type: none"> ■ 2 to 3 servings per day ■ 1 serving = 1 cup milk, 8 ounces nonfat or low-fat yogurt, ½ cup low-fat cottage cheese, or 1 ounce low-fat cheese 	<ul style="list-style-type: none"> ■ skim or 1 percent milk: liquid, powdered or evaporated ■ buttermilk, drinks made with skim or low-fat milk or cocoa ■ chocolate milk or hot cocoa made with skim or low-fat milk ■ nonfat or low-fat yogurt ■ low-fat cheeses: nonfat or low-fat cottage cheese, cheeses made with part skim milk, such as mozzarella, farmer's, string or ricotta. Cheeses should be labeled no more than 2 to 6 grams fat per ounce. 	<ul style="list-style-type: none"> ■ whole milk and whole milk products ■ 2 percent milk ■ custard style yogurt ■ cream, half & half ■ whole milk type cheeses, including colby, cheddar, muenster, monterey jack, havarti, brie, camembert, American, Swiss and bleu ■ creamed cottage cheese, cream cheese

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<p>Soup and combination foods</p>	<ul style="list-style-type: none"> ■ low-fat soups: broth, bouillon, dehydrated soups, homemade broth, soups with the fat removed ■ homemade cream soups made with skim or low-fat milk ■ low-fat combination foods: spaghetti, lasagna, chili and Spanish rice are examples of foods that can be low fat if low-fat ingredients and low-fat cooking techniques are used 	<ul style="list-style-type: none"> ■ cream soups made with whole milk, cream or high fat cheese
<p>Desserts and sweets</p> <ul style="list-style-type: none"> ■ Eat in moderation. 	<ul style="list-style-type: none"> ■ ice milk, sherbet, frozen yogurt, Popsicles®, fruit ices, gelatins, meringues, angel food cake ■ homemade desserts with recommended fats, oils and milk products (Use weekly egg yolk allowance or use egg whites.) ■ vanilla wafers, ginger snaps, fortune cookies, fig bars, anything fat free (Look at the labels. Choose those made without hydrogenated oils.) ■ jam, jelly, honey, marmalade, sugars, and syrups ■ pure sugar candy such as gum drops, hard candy, jelly beans, marshmallows and non-chocolate mints 	<ul style="list-style-type: none"> ■ commercially prepared cakes, pies, cookies, doughnuts, croissants, pastries. ■ ice cream or ice cream drinks ■ candy that contains coconut, butter, hydrogenated fat

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