

# Foods Low in Saturated Fat, Trans Fat and Cholesterol

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

Always read food labels for serving size.

(over)

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

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

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

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