

Eating to Lower Cholesterol

6 – 11 servings per day (1 slice bread, ½ cup cooked rice or pasta, 1 oz dry cereal)

Eat	Brown rice, Low-fat crackers, Plain popcorn, whole wheat pasta, baked potatoes, whole grain breads and cereals
Limit	Muffins and other baked goods made with polyunsaturated fats
Avoid	Pastries, muffins, egg noodles, pies, cakes, cookies, donuts, high fat crackers and chips

Dairy

2 or 3 servings per day (1 cup milk / yogurt, 1 oz low fat cheese, ½ cup cottage cheese)

Eat	Skim milk or 1% milk, non-fat yogurt, low-fat cheese, low-fat cottage cheese (1 – 2 %)
Limit	2% milk,, Ice milk, part skim milk cheeses (mozzarella, ricotta), low-fat yogurt
Avoid	Whole milk, cheese or yogurt made with whole milk, ice cream, non-dairy substitutes

Fruits and Vegetables

5 or more servings daily (1 medium fruit, ½ - 1 cup cooked or raw vegetables, ¾ juice)

Eat	Fresh, frozen, canned, or dried fruits and vegetables. <i>Fresh is best when in season.</i>
Limit	none
Avoid	Cream or creamy sauces, butter, or other cream based dips

Meat and Meat Substitutes

No more than 6 ounces per day (3 ounces is about the size of a deck of cards)

Eat	Lean meats, fish, poultry without the skin, egg whites, water packed tuna, dried beans, low fat cold cuts and hot dogs
Limit	Peanut Butter, nuts, fish canned in oil, shellfish (shrimp, oysters, lobster)
Avoid	Organ meats, egg yolks, fatty and marbled meats, spare ribs, sausage, bacon, fried meats, canned meats and meat mixture

Fats, Oils, Sweets, and Alcohol

Food items in these categories or that contain these items should be eaten sparingly. This means to eat them in small portions and limited to once a day.