



Ways to Lower Your Blood Cholesterol: Eat Less Saturated Fat and More Dietary Fiber

Keeping blood cholesterol levels lowered and including more dietary fiber in your eating plan are recommended by the American Heart Association (AHA) as ways to reduce you and your child's risk of heart disease. Remember making small changes can mean big health benefits- see below for ways to make eating heart healthy a fun part of your lifestyle.

Instead of.....	Eat more of
<ul style="list-style-type: none"> • Bologna & high-fat lunch meat • Bacon or sausage • High fat ground beef • Regular burgers, hot dogs • Fatty cuts of beef • Fatty cuts of pork • Poultry with skin or dark meat • Oil-packed tuna, fried fish • Whole eggs • Butter, shortening • Bacon grease, ham hocks • Coconut oil, palm oils • Whole milk/dairy, cheeses • Take out pizza with meat toppings • French fries • "Creamy" salad dressings • Commercial baked goods (muffins, doughnuts); "Little Debbie" cakes • Pound cake, sheet cake • Potato chips (Doritos, cheetos), Crackers (butter, cheese) "Nabs" • High fat cookies • Ice cream 	<ul style="list-style-type: none"> • Light bologna & lean deli meats (turkey, ham, chicken) • Turkey bacon and Canadian bacon • Ground sirloin • Veggie burgers, turkey or chicken hot dogs • Lean cuts: round, sirloin, chuck, loin • Lean cuts: tenderloin, fresh leg or arm • Skinless breast (white) meat • Light tuna (in water) ; grilled shrimp, salmon, pollock • Egg whites or egg substitute • Benecol, Promise Activ margarines; "PAM" spray • Molly McButter, chicken, beef, or vegetable bouillon • Safflower, sunflower, canola, olive , peanut oils • Low-fat or no fat dairy, yogurt and part-skim cheeses • Homemade pizza made with low-fat cheeses and topped with veggies vs. meats; whole wheat crust • Baked potato topped with low/no fat cheese • "Light" , fat-free, and vinegar- based dressings • Homemade lower-fat options made with soft margarine or from unsaturated oils- canola, safflower, sunflower, soybean, corn, cotton-seed oils • Angel food cake, recipes made with above oils • Pretzels, baked chips, "light" ,or air-popped popcorn, nuts, saltines, animal crackers, graham crackers, dried fruits • Vanilla wafers, ginger snaps, fig/fruit bar cookies • Sherbet, sorbet, 100% fruit juice bars, lowfat yogurt