

LOWERING BLOOD CHOLESTEROL WITH DIET

THE MAIN STEPS

REDUCE SATURATED FATS

.....by reducing red meats, dairy products, "tropical fats"

REDUCE DIETARY CHOLESTEROL

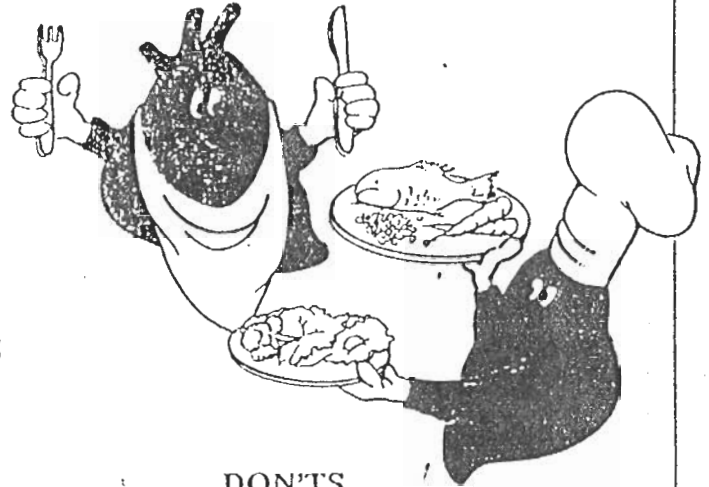
..... by reducing organ meats, egg yolks

INCREASE DIETARY FIBER

..... by eating oat bran, beans, vegetables, fruits

ATTAIN AND MAINTAIN NORMAL WEIGHT

..... by reducing total fat calories and exercising



SOME SPECIFIC RECOMENDATIONS

DO'S

MEATS: EAT fish, chicken (without skin), and turkey. If you eat red meats, buy only lean meats and trim off all visible fat BEFORE cooking it. Try eating a meatless meal once a week.

EGGS: USE egg whites and egg substitutes, which contain no cholesterol. SUBSTITUTE two egg whites for one whole egg in baked goods recipes.

DAIRY PRODUCTS: DRINK skim or 1% low fat milk. CHOOSE cottage cheeses or synthetic cheeses made with low fat milk (1%) or skim milk. BUY yogurt made with nonfat or low-fat milk (1 to 2%). USE margarine, not butter.

BREADS: USE rolls, bagels, low-fat crackers. USE pasta, rice, legumes and cereals to provide a low fat, high carbohydrate diet.

FIBER: EAT carrots, broccoli, navy and pinto beans, oat bran, greens, all vegetables and fruits.

FATS AND OILS: USE corn oil, olive oil, sunflower oil, safflower oil, peanut oil, canola oil. CHOOSE "low calorie" or "no oil" salad dressings and mayonnaise.

SNACKS: EAT fruits, sherbet, sorbet, water ice, popsicles, gelatin, hard candy, jelly beans, low-cal soda, fig bars, ginger snaps, vanilla wafers, pretzels, ice milk, low fat frozen yogurt, angel food cake, plain popcorn, bread sticks.

COOKING: COOK without fats or use only small amount of oil or margarine. Bake, steam, roast, boil or broil foods. Season with herbs and seasonings instead of butter and sauces.

DON'TS

MEATS: LIMIT red meats, like beef, pork and lamb. If you eat red meats, eat small portions (3-4 ounces at a time) and limit it to three times a week. AVOID any meat that is deep fried. AVOID processed meats, like hot dogs, bologna, and salami. LIMIT large quantities of organ meats like liver, kidneys and brain which are high in cholesterol (rather than saturated fats).

EGGS: LIMIT egg yolks to no more than 3 per week.

DAIRY PRODUCTS: AVOID 2% or whole milk. DECREASE natural or processed cheeses. AVOID anything with the word "cream" in it (like ice cream, coffee creamer, whipped cream, sour cream, cream soups).

BREADS: LIMIT cornbread, spoonbread, biscuits and croissants.

FATS AND OILS: AVOID butter, lard, shortening, bacon fat, fat back, palm oil, palm kernel oil, coconut oil.

SNACKS: AVOID potato chips, pies, granola bars, cookies made with palm oil, palm kernel oil or coconut oil, buttered popcorn, snack puffs or doodles, ice cream, chocolate, sweets made with shortening, butter, cream or coconut.

COOKING: AVOID use of bacon, fat back, salt pork, and butter when cooking. AVOID frying.