THE TLC (Therapeutic Lifestyle Changes) DIET

High fat, high calorie diets and low activity levels have led to more Americans having high cholesterol levels, heart disease, high blood pressure, obesity, diabetes, and cancer. To reduce heart attack risk and improve cholesterol levels, the National Cholesterol Education Program TLC diet suggests 25-35% of calories from fat if saturated and transfats are kept low. The TLC diet includes the following recommendations:

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Recommended Intake</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturated Fat</td>
<td>&lt;7% of total calories</td>
</tr>
<tr>
<td>Fiber</td>
<td>20-30 grams a day</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>&lt;200 mg a day</td>
</tr>
<tr>
<td>Total Calories</td>
<td>Balance intake of calories and energy expense (calories burned) to maintain desirable weight/prevent weight gain</td>
</tr>
</tbody>
</table>

FOOD FOR THOUGHT. . .

Saturated fat increases cholesterol levels more than anything else we eat.

In general, remember that approximately:
- 2/3 of the calories in cheese are SAT FAT
- 1/2 of the calories in beef are SAT FAT
- 1/3 of the calories in pork are SAT FAT
- 1/4 of the calories in poultry & fish are SAT FAT.

The total number of calories you need depends upon your height, weight, activity level, and goals. The recommended percent of dietary calories from fat will depend upon your lipid profile results. Most of your calories should come from carbohydrates. Foods in this category include bread, cereals, fruits, vegetables, pasta, and potatoes. These should not be “laced” with fat. This food group includes foods that are high in water soluble fiber which can help reduce LDL cholesterol levels.

For individualized recommendations, ask your lipid nurse or dietitian to calculate a specific dietary plan for you at your next appointment.

Assuming you eat __________ calories per day, __________% of your calories should come from fat. Therefore, try to eat only __________ grams of fat per day with only __________ grams of these coming from saturated fat.

BE HEART SMART

1. EAT LESS SATURATED FAT
   - Reduce saturated fat intake to less than 7% of calories.
   - Use plant stanol/sterol spreads instead of butter or margarine
2. EAT LESS CHOLESTEROL

- Reduce cholesterol intake to less than 200 mg per day.

3. EAT MORE FIBER

- 20-30 grams of TOTAL fiber is a daily goal.
- One kind of fiber – soluble fiber – helps lower LDL cholesterol. 10-25 grams of soluble fiber are recommended each day.
- Oats, fresh fruits and legume’s are good sources of soluble fiber.

4. LOSE WEIGHT IF YOU ARE OVERWEIGHT

- Reduce your caloric intake and increase your activity level to promote gradual weight loss.
- Losing weight at the rate of 1-2 pounds per week is ideal.
- A 10% weight loss has been shown to have significant health benefits.

## RECOMMENDED DAILY FAT INTAKE

to improve cholesterol levels and obtain/maintain ideal body weight

(Fat percentage varies based on individual needs)

<table>
<thead>
<tr>
<th>Calorie Intake/day</th>
<th>25-35% of Calories from Fat in grams/day</th>
</tr>
</thead>
<tbody>
<tr>
<td>1200</td>
<td>33-47</td>
</tr>
<tr>
<td>1400</td>
<td>39-54</td>
</tr>
<tr>
<td>1600</td>
<td>44-62</td>
</tr>
<tr>
<td>1800</td>
<td>50-70</td>
</tr>
<tr>
<td>2000</td>
<td>56-78</td>
</tr>
<tr>
<td>2200</td>
<td>61-86</td>
</tr>
<tr>
<td>2400</td>
<td>67-93</td>
</tr>
</tbody>
</table>

(Of the total calories coming from fat, only 7% should be saturated fat.)

## RECOMMENDED SATURATED FAT INTAKE

(Based on 7% of total calories coming from saturated fat)

<table>
<thead>
<tr>
<th>Calorie Intake/day</th>
<th>Grams of Saturated Fat/day</th>
</tr>
</thead>
<tbody>
<tr>
<td>1200</td>
<td>9.0</td>
</tr>
<tr>
<td>1400</td>
<td>11.0</td>
</tr>
<tr>
<td>1600</td>
<td>12.5</td>
</tr>
<tr>
<td>1800</td>
<td>14.0</td>
</tr>
<tr>
<td>2000</td>
<td>15.5</td>
</tr>
<tr>
<td>2200</td>
<td>17.0</td>
</tr>
<tr>
<td>2400</td>
<td>18.5</td>
</tr>
</tbody>
</table>
FAT FACTS

Remember!

1. FAT IS A FAT NO MATTER WHAT KIND OF FAT, AS FAR AS CALORIES GO!
2. Health recommendations suggest limiting intake of ALL sources of fat and oils. All fats and oils are loaded with calories (120 calories and 13 grams of fat per tablespoon).
3. All fats contain 9 calories per gram, more than twice the calories contained in a gram of carbohydrate or protein.
4. A product may be cholesterol free, but all fat! ALWAYS CHECK THE LABEL FOR FAT GRAMS. CHOLESTEROL FREE DOES NOT MEAN FAT FREE!

FOOD FOR THOUGHT...

What is better, butter or margarine? Hydrogenated margarine is packed with trans-fatty acids and butter is loaded with saturated fats. So… which one do you choose? While both contain artery-clogging fat, butter still contains more artery clogging fat than most margarine. Buy a reduced fat, soft tub margarine instead of sticks. Better yet, try one of the plant stanol/sterol spreads. Ask us for more information.

Saturated fats: These fats are the demons of all fats. They raise blood cholesterol levels more than anything we eat. They are solid at room temperature. Saturated fats are most commonly found in animal products, such as beef, poultry, pork, and whole milk dairy products. Saturated fat also occurs naturally in coconut, palm, palm kernel and their oils. When other vegetable oils undergo the process of hydrogenation, they too become more saturated.

It is important to read labels carefully. Although a label may correctly say “no cholesterol”, the product may contain a high level of saturated fats.

Monounsaturated fats: These fats are usually liquid at room temperature and are found primarily in vegetable products. Olive oils, peanut oils, canola oils, and avocados are high in these fats. Current research indicates that MONOUNSATURATES may help lower blood cholesterol as well as have a favorable effect on HDL blood cholesterol. But go easy on the "good" fat, it is still loaded with fat calories!

Polyunsaturated fats: These fats are found primarily in vegetable products and are usually liquid at room temperature. Corn, safflower, sunflower, and soybean oils are high in these fats. POLYUNSATURATED fats have a cholesterol-lowering effect on both HDL and LDL levels.

Trans-fatty acids: This is not a naturally occurring type of fat. This fat is formed when innocent unsaturated fats undergo a manufacturing process called hydrogenation. Hydrogenation transforms a liquid fat into a more solid state. TRANS-FATTY ACIDS can raise LDL cholesterol and also appear to lower the good HDL cholesterol.
COMPOSITION OF COMMON DIETARY FATS

<table>
<thead>
<tr>
<th>Type of fat</th>
<th>Mono-unsaturated</th>
<th>Polyunsaturated</th>
<th>Saturated</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canola oil (Puritan)</td>
<td>58%</td>
<td>36%</td>
<td>6%</td>
</tr>
<tr>
<td>Safflower oil</td>
<td>13%</td>
<td>78%</td>
<td>9%</td>
</tr>
<tr>
<td>Sunflower oil</td>
<td>20%</td>
<td>69%</td>
<td>11%</td>
</tr>
<tr>
<td>Corn oil</td>
<td>25%</td>
<td>62%</td>
<td>13%</td>
</tr>
<tr>
<td>Olive oil</td>
<td>77%</td>
<td>9%</td>
<td>14%</td>
</tr>
<tr>
<td>Soybean oil</td>
<td>24%</td>
<td>61%</td>
<td>15%</td>
</tr>
<tr>
<td>Sesame oil</td>
<td>41%</td>
<td>44%</td>
<td>15%</td>
</tr>
<tr>
<td>Peanut oil</td>
<td>48%</td>
<td>34%</td>
<td>18%</td>
</tr>
<tr>
<td>Cottonseed oil</td>
<td>19%</td>
<td>54%</td>
<td>27%</td>
</tr>
<tr>
<td>Lard</td>
<td>47%</td>
<td>12%</td>
<td>41%</td>
</tr>
<tr>
<td>Palm oil</td>
<td>39%</td>
<td>10%</td>
<td>51%</td>
</tr>
<tr>
<td>Beef tallow</td>
<td>44%</td>
<td>4%</td>
<td>52%</td>
</tr>
<tr>
<td>Butterfat</td>
<td>30%</td>
<td>4%</td>
<td>66%</td>
</tr>
<tr>
<td>Coconut oil</td>
<td>6%</td>
<td>2%</td>
<td>92%</td>
</tr>
</tbody>
</table>

Fats contain a combination of all three types of fat.

THE CHOLESTEROL CONNECTION

Cholesterol is not a fat, but a fat-like substance found in all foods and drinks that come from animals (whole milk dairy products and meats), but not in foods from plants. All animal-related foods and beverages contain cholesterol because liver, as an organ, produces cholesterol. Plant foods, on the other hand, do not contain cholesterol because plants do not have cholesterol producing livers.

In reading a food label you will know that CHOLESTEROL and FAT are two very different substances. They are even measured in different units; fat is shown in grams, while cholesterol is shown in milligrams.

Cholesterol, this waxy, white, odorless substance is a basic ingredient of the human body. It contributes to the formation of many essential compounds, including bile acids, estrogen, testosterone, and vitamin D. The problem is that our livers make more than enough cholesterol and the unused portion gets stored as plaque in our arteries! The goal is to keep DIETARY cholesterol to a minimum by limiting the intake of animal products. The National Cholesterol Education Program recommends < 200 mg/dL intake per day.

PLANT STANOLS/STEROLS

The use of plant stanols/sterols can further reduce total and LDL cholesterol. Research has shown that 2-3 grams per day can decrease total and LDL cholesterol levels by as much as 9%-20%. Any more than 3 grams appears to offer no additional benefit. The American Heart Association and the National Cholesterol Education Program TLC diet now both recommend plant stanol/sterol containing foods for adults with high cholesterol and heart attack prevention.
LIMIT YOUR SOURCES OF SATURATED FAT AND CHOLESTEROL

<table>
<thead>
<tr>
<th>Animal fat</th>
<th>Egg &amp; egg yolk</th>
<th>Palm kernel oil</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bacon fat</td>
<td>Solids</td>
<td>Palm oil</td>
</tr>
<tr>
<td>Beef fat</td>
<td>Ham fat</td>
<td>Pork fat</td>
</tr>
<tr>
<td>Butter</td>
<td>Hardened fat</td>
<td>Turkey fat</td>
</tr>
<tr>
<td>Chicken fat</td>
<td>Hydrogenated/partially</td>
<td>Vegetable oil*</td>
</tr>
<tr>
<td>Cocoa butter</td>
<td>Hydrogenated veg. oil</td>
<td>Vegetable</td>
</tr>
<tr>
<td>Coconut</td>
<td>Lamb fat</td>
<td>Shortening</td>
</tr>
<tr>
<td>Coconut oil</td>
<td>Lard</td>
<td>Whole-milk</td>
</tr>
<tr>
<td>Cream</td>
<td>Meat fat</td>
<td>Solids</td>
</tr>
</tbody>
</table>

*could be coconut or palm oil

AMOUNTS OF FAT AND CHOLESTEROL IN YOUR FOOD

The following information is from the American Heart Association

<table>
<thead>
<tr>
<th>MEAT, POULTRY, FISH</th>
<th>Total fat (grams)</th>
<th>Saturated fat (grams)</th>
<th>Cholesterol (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef arm, roasted, lean only, 3oz.</td>
<td>6</td>
<td>3</td>
<td>77</td>
</tr>
<tr>
<td>Ground beef, cooked, lean, 3oz.</td>
<td>15</td>
<td>6</td>
<td>80</td>
</tr>
<tr>
<td>Beef liver, fried, 3 oz.</td>
<td>9</td>
<td>2</td>
<td>372</td>
</tr>
<tr>
<td>Chicken, roasted without skin, 3 oz.</td>
<td>6</td>
<td>2</td>
<td>76</td>
</tr>
<tr>
<td>Halibut fillets, broiled with margarine, 3 oz.</td>
<td>6</td>
<td>1</td>
<td>48</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>EGGS</th>
<th>Total fat (grams)</th>
<th>Saturated fat (grams)</th>
<th>Cholesterol (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 large yolk</td>
<td>6</td>
<td>2</td>
<td>274</td>
</tr>
<tr>
<td>1 large white</td>
<td>Trace</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DAIRY PRODUCTS</th>
<th>Total fat (grams)</th>
<th>Saturated fat (grams)</th>
<th>Cholesterol (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk, whole, 1 cup</td>
<td>8</td>
<td>5</td>
<td>33</td>
</tr>
<tr>
<td>Milk, skim, 1 cup</td>
<td>1</td>
<td>Trace</td>
<td>5</td>
</tr>
<tr>
<td>Cheese, cheddar, 1 oz.</td>
<td>9</td>
<td>6</td>
<td>30</td>
</tr>
<tr>
<td>Cheese, mozzarella, part skim milk, 1 oz.</td>
<td>5</td>
<td>3</td>
<td>15</td>
</tr>
<tr>
<td>Butter, 1 tbsp.</td>
<td>11</td>
<td>7</td>
<td>31</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>BREADS/CEREALS/GRAINS</th>
<th>Total fat (grams)</th>
<th>Saturated fat (grams)</th>
<th>Cholesterol (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread, 1 slice</td>
<td>1</td>
<td>Trace</td>
<td>0</td>
</tr>
<tr>
<td>Bagel, 1</td>
<td>2</td>
<td>Trace</td>
<td>0</td>
</tr>
<tr>
<td>Doughnut, yeast, 1</td>
<td>13</td>
<td>5</td>
<td>21</td>
</tr>
<tr>
<td>Oatmeal, ½ cup</td>
<td>1</td>
<td>Trace</td>
<td>0</td>
</tr>
<tr>
<td>Rice, plain, ½ cup</td>
<td>Trace</td>
<td>Trace</td>
<td>0</td>
</tr>
<tr>
<td>Cookie, oatmeal, 1</td>
<td>2</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FRUITS/VEGETABLES</th>
<th>Total fat (grams)</th>
<th>Saturated fat (grams)</th>
<th>Cholesterol (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potato, baked, 1 med.</td>
<td>Trace</td>
<td>Trace</td>
<td>0</td>
</tr>
<tr>
<td>Potato, fried, 10 strips</td>
<td>8</td>
<td>3</td>
<td>0</td>
</tr>
<tr>
<td>Cabbage, ½ cup</td>
<td>Trace</td>
<td>Trace</td>
<td>0</td>
</tr>
<tr>
<td>Apple, 1 med.</td>
<td>Trace</td>
<td>Trace</td>
<td>0</td>
</tr>
<tr>
<td>Banana, 1 med.</td>
<td>1</td>
<td>Trace</td>
<td>0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FATS/OILS</th>
<th>Total fat (grams)</th>
<th>Saturated fat (grams)</th>
<th>Cholesterol (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lard, 1 tbsp.</td>
<td>12.8</td>
<td>5</td>
<td>12</td>
</tr>
<tr>
<td>Margarine, 1 tbsp.</td>
<td>11.4</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>Vegetable oil, 1 tbsp. (excluding palm, palm kernel, &amp; coconut oil)</td>
<td>13.6</td>
<td>1.7</td>
<td>0</td>
</tr>
</tbody>
</table>
BE HEART SMART!

Choose foods in the left column more often and use less of the foods that are higher in fat & cholesterol in the right column. If you select a higher fat food, limit the serving size. By making wise choices, you’ll be on your way to low fat and healthy eating.

MILK & DAIRY

**CHOOSE**

- Skim or 1% milk
- Nonfat dry milk
- Low-fat Buttermilk
- Evaporated skim milk
- Cocoa

- Non-fat or low-fat (plain, fruited)

**AVOID**

- 2% or whole milk
- Chocolate milk
- Condensed milk
- Evaporated whole milk

**Yogurt**

- Yogurt made from whole milk

**Cheese**

- 2% or 4% cottage cheese
- Cheeses made from whole milk (American, cheddar, Swiss, etc.)
- Cream cheese, cheese spreads
- Regular farmers, Mozzarella, Ricotta

**Coffee Creamers**

- Evaporated skim milk
- Non-fat dry milk
- Creamers with less than 1 g. of fat per tbsp. and no tropical oils
- Poly Perk®, Poly Rich®, Mocha mix
- Cream
- Half and half
- Non-dairy coffee creamers
- Imitation dairy products that contain coconut or palm oil

MEAT, FISH, POULTRY

**Fish**

- Canned fish (in oil)
- Fried fish
- Large servings of shrimp

- Any fish – fresh, frozen or canned (in water)
- Shellfish (not fried)
### CHOOSE

<table>
<thead>
<tr>
<th>Poultry</th>
<th>Beef/Veal</th>
<th>Pork</th>
<th>Lamb</th>
<th>Luncheon/Deli meats</th>
<th>Eggs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken or turkey without skin</td>
<td>Steaks: flank, round, sirloin, tenderloin</td>
<td>Pork loin roast</td>
<td>Leg, arm, shank</td>
<td>Those with 3g. or less of fat per oz.</td>
<td>Egg whites</td>
</tr>
<tr>
<td>Ground turkey, 90% lean</td>
<td>Roasts: arm, chuck, rump, Sirloin tip</td>
<td>Top loin chop</td>
<td></td>
<td></td>
<td>Egg yolk (limited to 2 egg yolks per week, including egg yolk used in cooking)</td>
</tr>
<tr>
<td></td>
<td>Ground: round, sirloin (90% lean)</td>
<td>Pork tenderloin</td>
<td></td>
<td></td>
<td>Egg substitutes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Center loin chops, trimmed</td>
<td></td>
<td></td>
<td>• Remember to choose lean cuts, trim all fat, and cook meat on a rack, allowing fat to drain off.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>95-98% fat free ham</td>
<td></td>
<td></td>
<td>• Watch portion sizes. Only 5-7 oz. per day of meat, poultry, or fish is needed.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>• Regarding portion sizes, 3.5 oz. is about equal in size to a deck of cards.</td>
</tr>
</tbody>
</table>

### AVOID

| Poultry                  | | | | | |
|--------------------------|-------------------------------|---------------------------|----------------------------------------------|-----------------------------------------|
| Goose, duck              | Organ meats: liver, kidney, brain, heart, sweet breads | Spareribs, blade roll | Ground lamb | | |
| Fried poultry            | Corned beef, brisket, regular ground, short ribs | Bacon, sausage | Mutton | | |
| Breaded patties          | “Prime” grade                 | Ground pork              | Rib chop | | |
| Poultry Skin             |                                | Ribbs                    | | | |
| | | Salt pork | | | |

### Beef/Veal

- Steaks: flank, round, sirloin, tenderloin
- Roasts: arm, chuck, rump, Sirloin tip
- Ground: round, sirloin (90% lean)

### Pork

- Pork loin roast
- Top loin chop
- Pork tenderloin
- Center loin chops, trimmed
- 95-98% fat free ham

### Lamb

- Leg, arm, shank
- Ground lamb
- Mutton
- Rib chop

### Luncheon/Deli meats

- Those with 3g. or less of fat per oz.
- High fat processed meats: bologna, salami, sausage
- Hot dogs, pastrami
- Bacon, liver sausage

### Eggs

- Egg whites
- Egg yolk (limited to 2 egg yolks per week, including egg yolk used in cooking)
**CHOOSE**

**FRUITS**

- Fresh fruit
- Canned fruit (in own juice)
- 100% fruit juice
- Dried fruit (i.e. raisins)

- Eat at least two servings of fruits per day.

**VEGETABLES**

- Raw & cooked vegetables
- Vegetable juice
- Tomato sauce

- Try to eat at least 5 – 7 servings of vegetables a day (1 serving = ½ cup cooked vegetables or 1 cup raw vegetables). Best methods of preparation are steamed, boiled, baked or stir-fried.

**GRAINS**

**Bread**

- Whole grain, white french, italian, pita bread, bagel, english muffin, tortilla, sandwich bun, hard roll, breadstick, low-fat muffins, pancakes, waffles

- Limit muffins, biscuits, quick breads, corn bread and pancakes.

**Crackers**

- Saltines, soda crackers, wasa, melba rounds, rice cakes, rusks, plain matzo, oyster crackers, graham crackers, flat breads, bread sticks, zwieback

- Snack crackers (with more than 3 grams of fat per 100 calories)

**Cereals**

- All ready-to-eat cereals except high-fat granola
- Hot cereals

- Look for cereals with at least 3 grams of fiber and no more than 8 grams of sugar per serving.

**AVOID**

- Coconut

- Use avocados sparingly.

- Fried vegetables (french fries, hash browns, etc.)
- Vegetables prepared with butter, cream or cheese sauce.

- Biscuit, croissant, crescent roll, cheese & egg bread, donuts, pastries, sweet rolls
**CHOOSE**

**Pasta & Noodles**
- Egg-free noodles/pasta, barley, brown or white rice, bulgur

**Soups**
- Broth-type soups, bouillon
- Cream soups made with skim milk

- Refrigerate soup stock and skim fat off top before using.
- Soups tend to be high in sodium.

**Dried Peas & Beans**
- Lentils, split peas, lima beans, kidney beans, navy beans, pinto beans, garbanzo beans, black-eyed peas, chick peas
- Peanut butter: unhydrogenated

- Use to replace meat servings. Dried peas and beans provide vegetable protein and are high in soluble fiber.

**Snacks**
- Plain popcorn (less than 3 grams of fat per cup)
- Pretzels
- Non-fat chips

**AVOID**

**Pasta & Noodles**
- Noodles/Pasta made with eggs, butter, whole milk, cheese
- Fried rice
- Crispy chow mein noodles
- Commercial mixes with more than 3 grams of fat per ½ cup

**Soups**
- Cream soups
- Vichyssoise
- Soups made with cream, cheese, whole milk

**Dried Peas & Beans**
- Those prepared with high fat sauces or meats

**Snacks**
- Buttered popcorn
- Potato chips, corn chips, tortilla chips, cheese puffs

**FATS & OILS**

**Oils:** Canola, olive, corn, cottonseed, safflower, sunflower & soybean oils
- Non-fat sprays, fat substitute
- Margarine: Safflower oil, margarine (regular or diet) made with the above oils, that have "liquid" or water

**Butter**
- Any product with coconut or palm oil
- Hydrogenated vegetable shortening or oils

- Lard, animal fat, salt pork
- Bacon
CHOOSE

AVOID

Salad Dressings

Regular salad dressings made with acceptable oils

Salad dressing made with mayonnaise, cream, whole milk, cheese, egg yolks, unacceptable oils or hydrogenated vegetable shortening

Low-fat or fat free salad dressings

Light or fat free mayonnaise

Homemade vinaigrette made with acceptable oils

Sauces

Homemade, fat-free sauces and gravies

Fats in gravies

Mustard, ketchup, fat-free BBQ sauce

Cream sauce

Bouillon and broth

Hollandaise sauce

Soy sauce, Worcestershire sauce

Tomato sauce and paste

Nuts & Seeds

Walnuts, peanuts

Brazil

Pecans, chestnuts

Pistachios

Almonds

Corn nuts (may be roasted in coconut oil)

Sesame, pumpkin

Soybean, sunflower

To keep total fat intake low, use all nuts and seeds in moderation.

Nuts and seeds may be high in sodium.

DESSERTS

Low-fat, non-fat frozen yogurt & dairy desserts

Ice cream

Fruit ices, fruit juice bars

Rich cakes, pies, cookies

Sorbet, sherbet, popsicles, fudgesicles

Chocolate

Pudding made with skim milk

Pudding made with whole milk

Angel food cake

Custard

Homemade cakes using approved oils, egg whites or egg substitutes

Whipped cream, non-dairy whipped toppings

Fat-free desserts

Doughnuts

Fig bars, gingersnaps, vanilla wafers, meringue cookies, graham crackers, fortune cookies

Danish pastries

• If triglycerides are elevated, sugar, sweets and desserts need to be limited.
SELF TEST

1. What substance in our food is the greatest contributor to the development of heart disease?
   - cholesterol
   - fat
   - protein
   - salt

2. What is a desirable total blood cholesterol level for adults?
   - Less than 100 mg/dL
   - Less than 200 mg/dL
   - Less than 240 mg/dL

3. Circle the foods that contain cholesterol.
   - Apple
   - Liver
   - Chicken
   - Corn oil
   - Carrots
   - Egg yolk
   - Beef
   - 2% milk
   - Bread
   - Peanut butter
   - Egg white
   - Rice

4. Circle the foods that contain saturated fat.
   - Banana
   - Kidney beans
   - Chicken
   - Coconut oil
   - 2% milk
   - Spinach
   - Rice
   - Peanut butter
   - Orange
   - Corn oil margarine
   - Ground beef
   - Mozzarella cheese

5. Ounce for ounce, meat, poultry and most cheeses have about the same amount of cholesterol.
   - True
   - False

6. Which oil has the least amount of saturated fat?
   - Corn oil
   - Canola oil
   - Olive oil

7. Which is lower in fat?
   - Frozen yogurt
   - Ice milk
   - Italian ice

8. Regular margarine contains the same fat and calories as butter?
   - True
   - False

9. Which cuts of meat are the leanest?
   - Loin
   - Round
   - Prime
   - Rib

10. Which is lower in fat?
    - Biscuit
    - Muffin
    - Bagel
SELF TEST ANSWERS

1) fat
2) less than 200 mg/dl
3) liver, chicken, egg yolk, beef, 2% milk
4) chicken, peanut butter, coconut oil, 2% milk, ground beef, corn oil margarine, mozzarella cheese
5) true
6) canola oil
7) Italian ice
8) true
9) loin, round
10) bagel