

# LOW-CHOLESTEROL, LOW-SATURATED FAT DIET

**Cholesterol** is a fatty substance that is a necessary part of many body tissues. It is made and stored in the liver and circulates through the blood stream. High levels of blood cholesterol are associated with atherosclerosis (hardening of the arteries) and increased risk of heart attack.

**Blood cholesterol** comes from three sources:

- Cholesterol manufactured within the body
- Dietary sources of cholesterol
- Cholesterol that comes from saturated fats in the diet

Saturated fats may have a greater effect on blood cholesterol levels than dietary cholesterol.

**Dietary cholesterol** is found in products of animal origin such as meats, eggs, and dairy products. Foods that are the highest in cholesterol are egg yolk, liver, and other organ meats.

**Saturated fats** are fats that are generally solid at room temperature. Fats from animal sources, such as butter or lard, are naturally saturated. Most vegetable sources of fat are not saturated, but they can become saturated by a chemical process called *hydrogenation*. A hydrogenated vegetable oil would be a more saturated fat.

**Polyunsaturated fats** are generally liquid at room temperature. Most vegetable oils are polyunsaturated fats. **Palm oil** and **coconut oil** are exceptions. These two oils are saturated fats. The most polyunsaturated oils are safflower oil, corn oil, soybean oil, and cottonseed oil.

**Monounsaturated fats** were formerly thought to have no effect on blood cholesterol levels. Newer studies, however, suggest a beneficial effect. Examples of monounsaturated fats are olive oil and peanut oil.

**P/S ratio** refers to the ratio of polyunsaturated to saturated fats. A diet higher in polyunsaturated fats (with a higher P/S ratio) is helpful in reducing blood cholesterol levels. Often labels of products made of vegetable oils will state the ratio of polyunsaturated to saturated fats.

Food	Recommended	To Be Avoided
Beverages	Skim milk, 1% milk, buttermilk made from skim milk, cocoa made from skim milk, carbonated beverages, fruit juices, Kool-Aid, tea, coffee	Whole milk, 2% milk, chocolate milk, malted milk, milkshakes, eggnog
Bread	Most types of bread, soda crackers, saltines, graham crackers, breadsticks, English muffins, tortillas, pretzels	Biscuits, croissants, sweet rolls, doughnuts, pastries or bread made with butter, lard, or egg yolk; crackers made

		with butter or cheese or saturated fat
Cereal	Most	Granola made with coconut
Dessert	Fruit ices and sherbet made without whole milk, whips made with egg whites, simple puddings made with skim milk and allowed eggs, angel food cake, gelatin desserts, homemade cookies and cakes made with allowed foods. Frostings made with allowed fats, popsicles, fruit rollups, hard candies	Ice cream, custard, cake mixes, pie crusts, pastries, granola bars, candy bars, chocolate, whipped topping, commercially prepared cakes, cookies, puddings, whipped cream
Fat	Polyunsaturated margarine and oil, salad dressing made with allowed oil. Choose from the following oils: safflower, corn, soybean, sesame, cottonseed, sunflower	Saturated fats, butter, cream, non-dairy substitutes, lard, hydrogenated shortening, half-and-half, sour cream, cream cheese, coconut oil, palm oil, bacon grease, meat fat, gravy, nonspecific vegetable oils
Fruit	All fruit and fruit juices	None
Meat or substitute	Meats: Lean (all excess fat removed) beef, veal, ham, lamb, pork loin, fish, poultry, game-roasted, broiled, boiled, steamed, or baked Eggs: Egg whites as desired Cheese: Low-fat cottage cheese, mozzarella, low-fat processed cheeses Yogurt: Skim milk yogurt Legumes: Peanut butter, dried beans, tofu	Fatty meats, sausages, hot dogs, cold cuts, sweetbreads, liver, kidney, bacon  Egg yolks All other cheeses  Whole milk yogurt Refried beans
Potato or substitute	Any potato, rice, noodles, macaroni, spaghetti, sweet potato, potato chips, corn chips, and french fries made in allowed oils	Egg noodles
Soup	Fat-free broth soup, bouillon or consommé, milk soups made with skim milk	Any fatty soups, soups containing whole milk
Sweets	Sugar, jelly, jam, syrup, honey, hard candy, gumdrops, marshmallows	Candy made with cream, butter, chocolate, hydrogenated fat, coconut
Vegetable	Any	Refried beans fried in lard
Miscellaneous	Cocoa, iodized salt, pepper, spices, catsup, chili sauces, herbs, horseradish, mustard, vinegar, pickles, white sauce made with allowed foods, unbuttered popcorn, nuts	Coconut

### Sample Menu

Breakfast	Lunch	Dinner	Snacks
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Orange juice	Peanut butter and jelly sandwich	Baked chicken	Low-fat cheese
Cheerios	Carrot sticks	Rice	Saltines
Skim milk, sugar	Banana	Green beans	Applesauce
English muffin	Skim milk	Fruit cocktail in Jell-o	Pretzel sticks
Margarine		Bread	
Jelly		Margarine	
		Skim milk	