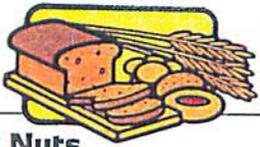


The Relative Saturated Fat-Cholesterol Content of Foods at a Glance

You have been advised to follow a low-cholesterol diet. The following lists are a handy guide to the relative saturated fat and cholesterol content of popular foods in the American diet. Avoid those foods in the high saturated fat and/or cholesterol list and choose foods from the low list whenever possible. Learn to read food labels or to ask about any foods not included on these lists before eating them. *It is important that you follow your physician's specific dietary recommendations*, but this chart can help you decide at a glance which foods, in general, are better choices than others.

Category	High	Low
Dairy and Related Products 	Whole milk and whole milk packaged goods; cream; ice cream; milk puddings, yogurt; cheeses; eggnog, malted milk, milk shakes; most non-dairy creamers and whipped toppings	Skim milk, buttermilk from skim milk; low fat cheeses (farmer, uncreamed cottage, mozzarella); 1% fat milk, low fat yogurt, powdered skim milk; Poly Rich, Mocha Mix; cocoa made with nonfat or low fat milk
Meat, Poultry, and Fish	Fatty fowl (goose, duck); skin of fowl; processed luncheon meats, frankfurters and fast-food hamburgers; organ meats; highly marbled or prime grades of meat, ribs, and similar fatty cuts of meat	Lean meats and fowl; fresh, frozen, or canned fish (preferably water-packed) when baked, broiled or poached
Breads and Grains 	Baked goods made with whole milk, eggs, or animal fat; commercial mixes with dried eggs and whole milk; sweet rolls, croissants, biscuits, pastries, doughnuts, and similar rich breads	Whole grain or enriched breads or rolls; melba toast; bagels (avoid egg bagels); most breadsticks, matzoh, zwieback, soda crackers
Fruits and Nuts	Coconut	All fresh, frozen, or canned fruits and juices; nuts and peanuts; peanut butter (without added hydrogenated or saturated fats) in moderation
Eggs and Cereals	Egg yolks; any cereal that contains coconut or palm oil	Egg whites; egg substitutes; most hot and cold cereals without palm or coconut oil listed on their labels
Desserts and Snacks 	Pastries, cakes, pies, most cookies; potato chips; rich crackers, and other fried snacks; chocolate and other candies containing fat; ice creams; syrups; puddings; and similar rich desserts and snacks	Sorbets, sherbets, popsicles, gelatin, pudding made with skim milk and acceptable fats (see list below); unbuttered popcorn; jams and jellies; angel food cake, animal crackers, fig bars, ginger snaps, graham crackers (in moderation)
Beverages	Drinks made with whole milk, coconut, or cream	Fresh fruit or vegetable juice; black coffee or plain tea; soft drinks; cocoa made with skim milk; clear broth; alcohol, 2 servings or less per day (1 serving = 1 ounce liquor, 12 ounces beer, or 4 ounces dry table wine)
Fats and Oils 	Butter; palm, palm kernel, and coconut oils; lard; vegetable shortening; solid margarine; commercial salad dressings, containing cream or cheese; regular gravies; cream sauces; cheese sauces; bacon and bacon drippings	When used in moderation, polyunsaturated vegetable oils derived from safflower, soybean, sunflower, corn, or sesame seeds; or mono-unsaturated oils such as olive and peanut oils; soft margarines or spreads listing one of the polyunsaturated oils as the first ingredient and many low-calorie salad dressings and sandwich spreads
Vegetables 		Virtually all vegetables, boiled, steamed, or braised (with a polyunsaturated vegetable oil derived from safflower, soybean, sunflower, corn, or sesame seeds)
Miscellaneous 	Hollandaise sauce, tartar sauce; many dessert sauces; white or cream sauce unless fat modified	Sugar substitutes; spices, vinegar, mustard, Worcestershire sauce, and soy sauce to taste