Some foods are good for your heart. They keep the cholesterol in your blood low. This is good for your heart. Other foods are not as good for your heart. They make the cholesterol in your blood too high. Too much cholesterol in the blood can cause heart attacks.

Take care of your heart. Keep your cholesterol low. Eat less fat. Eat less cholesterol. Eat more fiber.

This is easy to do with these ideas.
- Buy lean meats. Don’t fry meats. Eat only little servings.
- Eat more beans and peas.
- Eat no more than 4 eggs a week.
- Use low-fat milk and yogurt.
- Eat only low-fat cheese.
- Eat more grains like bread, rice, cereal, oatmeal, grits, or noodles.
- Eat a fruit or vegetable at each meal.
- Use half of the fat you have been using.
You can eat meat and keep your cholesterol low. Buy lean meat. Cut off any fat. Remove the skin. Eat a small piece about the size of a deck of cards 2 times a day.

<table>
<thead>
<tr>
<th>Meat Type</th>
<th>USDA Select meat</th>
<th>USDA Choice meat</th>
<th>USDA Prime meat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef</td>
<td>Round, sirloin, flank</td>
<td>Ground beef</td>
<td>Corned beef, short ribs</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Roast (rib, chuck, rump)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Steak (cubed, porterhouse, T-bone)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Meatloaf</td>
<td></td>
</tr>
<tr>
<td>Pork</td>
<td>Tenderloin, leg (fresh)</td>
<td>Shoulder (arm or picnic)</td>
<td>Spareribs, blade roll</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Pork (ground or sausage)</td>
</tr>
<tr>
<td>Wild Game</td>
<td>Venison, rabbit, squirrel</td>
<td>Pheasant, duck, goose (without skin)</td>
<td></td>
</tr>
<tr>
<td>Fish</td>
<td>All fish and shellfish</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Poultry</td>
<td>Chicken (Cut off skin.)</td>
<td>Turkey (Cut off skin.)</td>
<td>Turkey (self-basting with butter added)</td>
</tr>
<tr>
<td>Other Meats</td>
<td>Lunch meat (95% lean)</td>
<td>Liver 1 time a month</td>
<td>Bologna, hot dogs, and other high-fat lunch meat</td>
</tr>
<tr>
<td></td>
<td>Lean ham</td>
<td></td>
<td>Other organ meats</td>
</tr>
<tr>
<td></td>
<td>Canadian bacon</td>
<td></td>
<td>Bacon</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Sausage</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Ham hocks</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Fatback and lard</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Pigs' feet, ears, tails</td>
</tr>
</tbody>
</table>
**COOKING SUGGESTIONS**

_Eat no more than 4 eggs a week._

<table>
<thead>
<tr>
<th>Egg whites</th>
<th>Egg yolks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg whites</td>
<td>Egg yolks</td>
</tr>
</tbody>
</table>

**COOKING SUGGESTIONS**

_Cook meat so the fat drips away from the meat._

- Baked
- Broiled
- Steamed
- Stir fried
- Roasted
- Poached
- Grilled
- Microwaved
- Fried
- Buttered
- Sauteed
- Pan fried
- Crispy
- Creamed
- Flaky

**E G G S**

_Eat no more than 4 eggs a week._

<table>
<thead>
<tr>
<th>Egg whites</th>
<th>Egg substitutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dried peas and beans</td>
<td>Black-eyed peas</td>
</tr>
<tr>
<td>Navy beans</td>
<td>Chick peas</td>
</tr>
<tr>
<td>Split peas</td>
<td>Dried peas and beans</td>
</tr>
<tr>
<td>Vegetable bean soup</td>
<td>Peanut butter</td>
</tr>
</tbody>
</table>

**INSTEAD OF MEAT**

<table>
<thead>
<tr>
<th>Dried peas and beans</th>
<th>Peanut butter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black-eyed peas</td>
<td>Dried peas and beans</td>
</tr>
<tr>
<td>Kidney beans</td>
<td>Vegetable bean soup</td>
</tr>
<tr>
<td>Navy beans</td>
<td>Peanut butter</td>
</tr>
<tr>
<td>Chick peas</td>
<td>Dried peas and beans</td>
</tr>
<tr>
<td>Split peas</td>
<td>Dried peas and beans</td>
</tr>
<tr>
<td>Creamed soup</td>
<td>Peanut butter</td>
</tr>
</tbody>
</table>
**Milk**

- Skim or 1% milk
- Buttermilk made from skim milk
- Cottage cheese (1% fat)
- Low-fat yogurt (made from skim or 1% milk)
- Cheese made with skim milk like mozzarella
- Cottage cheese (2% fat)
- Light sour cream
- Light cream cheese
- Whole or 2% milk
- Cheese made from whole milk like cheddar, swiss, and colby
- Buttermilk made from whole milk
- Cottage cheese (4% fat)
- Ice cream
- Yogurt (made from whole milk)
- Cream or coffee creamers
- Sour cream
- Cream cheese

**Fats and Oils**

- Liquid vegetable oils
  - Corn
  - Olive
  - Canola
  - Sunflower
  - Soybean
  - Peanut
  - Safflower
  - Cottonseed
- Margarine, diet
- Non-stick oil sprays
- Mayonnaise, diet
- Salad dressing, reduced-calorie
- Margarine
- Nuts like peanuts, walnuts, almonds, pecans
- Olives (black & green)
- Avocado

- Hard animal fats
  - Lard
  - Salt pork
  - Meat fat
- Hard vegetable fats
  - Coconut oil
  - Palm oil
  - Hard shortening
- Butter
- Mayonnaise
- Salad dressing

---

*You can eat these foods. They are low in fat.*

*These foods have some fat. Eat in small amounts.*

*Lots of fat! Don’t eat these foods too many times.*
<table>
<thead>
<tr>
<th><strong>Fig bars</strong></th>
<th><strong>Vanilla wafers</strong></th>
<th><strong>Gingersnaps</strong></th>
<th><strong>Animal crackers</strong></th>
<th><strong>Melba toast</strong></th>
<th><strong>Bread sticks</strong></th>
<th><strong>Soda crackers</strong></th>
<th><strong>Pretzels</strong></th>
<th><strong>Popcorn, air-popped, plain</strong></th>
<th><strong>Angel food cake</strong></th>
<th><strong>Low-fat candy like jellybeans</strong></th>
<th><strong>peppermints</strong></th>
<th><strong>lifesavers</strong></th>
<th><strong>Ice milk</strong></th>
<th><strong>Sherbet</strong></th>
<th><strong>Popsicles</strong></th>
<th><strong>Low-fat yogurt</strong></th>
<th><strong>Fresh fruit</strong></th>
<th><strong>Fruit juice</strong></th>
<th><strong>Diet soft drinks</strong></th>
<th><strong>Most cookies and crackers</strong></th>
<th><strong>Potato chips</strong></th>
<th><strong>Corn chips</strong></th>
<th><strong>Tortilla chips</strong></th>
<th><strong>Popcorn with lots of oil or butter</strong></th>
<th><strong>Most cakes</strong></th>
<th><strong>Pies</strong></th>
<th><strong>Doughnuts</strong></th>
<th><strong>Candy bars</strong></th>
<th><strong>Ice cream</strong></th>
<th><strong>Yogurt made with milk</strong></th>
<th><strong>Eggnog</strong></th>
<th><strong>Soft drinks</strong></th>
</tr>
</thead>
</table>
### Fruits & Vegetables

<table>
<thead>
<tr>
<th>You can eat these foods. They are low in fat.</th>
<th>These foods have some fat. Eat in small amounts.</th>
<th>Lots of fat! Don’t eat these foods too many times.</th>
</tr>
</thead>
</table>

### Cooking Suggestions

- All fresh, frozen, canned, or dried fruits and vegetables
- Steamed
- Boiled
- Baked
- Microwaved

- Cooked with diet margarine
- Fried
  - In gravy, butter, or cream sauces

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