

## **CHOLESTEROL GUIDE**

**IF YOU HAVE HIGH CHOLESTEROL**, limit the following high cholesterol foods in your diet. If you do not have high cholesterol, remember to eat all foods in moderation.

- ❖ Bacon
- ❖ Butter
- ❖ Caviar
- ❖ Egg Yolks
- ❖ Chocolates
- ❖ Corned Beef (and other high fat meats both free and processed)
- ❖ Regular Cream Cheese (recommend low or fat-free cream cheese)
- ❖ Gravies of all kinds (skim off all fat)
- ❖ Ice Cream and Milkshakes (use fat-free ice cream and low-fat yogurts)
- ❖ Lard (use canola, olive, sunflower, safflower oils instead)
- ❖ Pastries (especially croissants)
- ❖ Popcorn (especially commercially prepared)
- ❖ Store-bought salad dressings (there are some very good fat-free dressings)
- ❖ Store-bought pies of any kind (graham cracker crusts are better if not bread with butter)
- ❖ Whole Milk

The above listed information has been furnished by:

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