

**Low Cholesterol,**

**Low Saturated Fat Diet**

**Tips to eating a low cholesterol, low saturated fat diet!\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

* Eat plenty of fresh fruits and vegetables, they are naturally low in fat. They are also the best source of fiber, vitamins and minerals for your body. Aim for 5 cups of fruits and vegetables every day.
* Pick “good” fats over the “bad” fats. Fat is part of a healthy diet, but you need to know the difference between “bad” fats and “good” fats.

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| **“Good Fats”** | **“BAD fats”** |
| Fats such as **unsaturated fats** are found in most fish, vegetables, grains and tree nuts. Try to eat unsaturated fat in place of saturated fat. For example, you can use olive oil or canola oil in cooking instead of butter. | Fats, such as **saturated and trans fats**, are found in foods such as butter, coconut and palm oil, shortening and margarine, animal fats in meats, fats in whole milk and dairy products. Limit mayonnaise, salad dressings, gravies and sauces. Avoid high-fat processed and fast foods. Overall limit the amount of saturated fat in your diet, and avoid trans-fat completely. |

* Use healthier cooking methods. Baking, broiling and roasting are the healthiest ways to prepare meat, poultry and other foods. Trim any outside fat or skin before cooking. Use either a nonstick pan or nonstick cooking spray instead of adding fats such as butter or margarine. When eating out avoid fried foods.
* Look for sources of protein in fish, dry beans, tree nuts, peas which offer protein, nutrients and fiber without the cholesterol and saturated fats that meats have. Choose fish, turkey, and lean meats. Limit egg yolks to 3-4 per week. Avoid fatty meats, such as bacon, sausage, franks, luncheon meats, ribs, organ meats.
* Choose nonfat or low-fat milk, yogurt and cottage cheese. Most cheeses are high in fat. Choose cheeses made from non-fat milk, such as mozzarella and ricotta cheese.
* Avoid high-fat snack foods, such as granola, cookies, pies, pastries, doughnuts and croissants. Choose whole-grain breads, cereals, pastas and rice.
* Get more fiber in your diet. Add good sources of fiber to your meals. Examples include fruits, vegetables, whole grains (such as oat bran, whole and rolled oats and barley), legumes (such as beans and peas) and nuts and seeds (such as ground flax seed).
* Eat more fish. Fish are an excellent source of omega-3 fatty acids. Fish, such as salmon, tuna, mackerel and sardines, are the best sources of omega-3s, but all fish contain some amount of this beneficial fatty acid. Aim for 2 6-oz servings each week.
* Limit how much cholesterol you get in your diet. You should limit your overall cholesterol intake to less than 300 milligrams per day, or less than 200 milligrams if you have heart disease.

**Give the DASH diet a try!\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

The DASH diet is nutritionally balanced for good health. You don’t need to buy any special foods or pills, or cook with any special recipes, to follow the DASH diet. If you follow the DASH diet, you will eat about 2,000 calories each day. These calories will come from a variety of foods.

The DASH diet consists of:

* Whole grains (6 to 8 servings a day)
* Vegetables (4 to 5 servings a day)
* Fruits (4 to 5 servings a day)
* Low-fat or fat-free milk and milk products (2 to 3 servings a day)
* Lean meats, poultry and fish (6 or fewer servings a day)
* Nuts, seeds and beans (4 to 5 servings a week)
* Fats and oils (2 to 3 servings a day)
* Sweets, preferably low-fat or fat-free (5 or fewer a week)
* Sodium (no more than 2,300 mg a day)