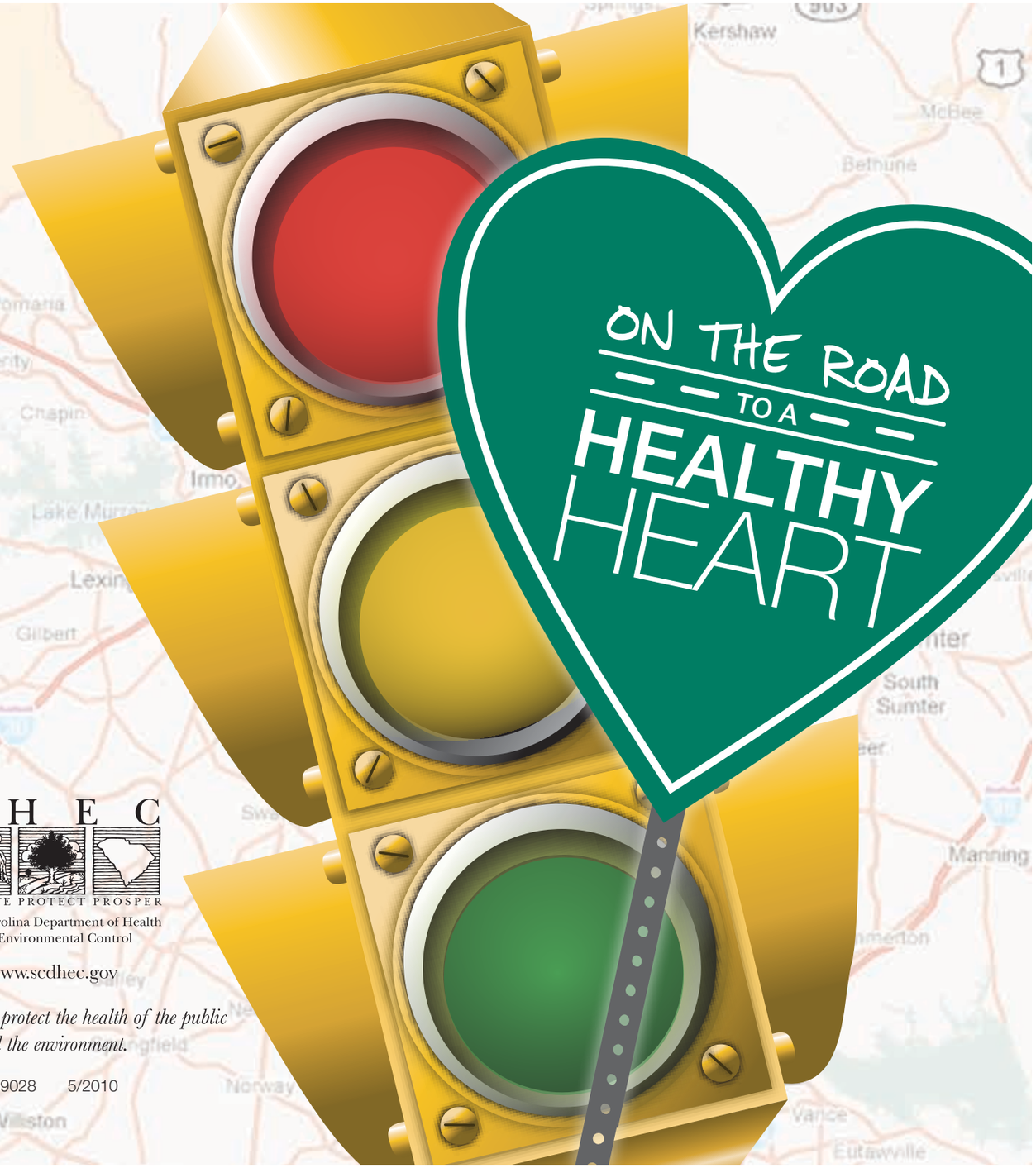
CHOLESTEROL FACTS

Cholesterol is:

- a fat-like substance
- needed in limited amounts for good health
- made by the body
- also found in animal foods (milk, cheese, egg yolk)

CHOLESTEROL LEVELS

Risk	Desirable	Borderline High	High
Cholesterol (mg/dl)	Under 200	200-239	Over 240



D H E C

PROMOTE PROTECT PROSPER

South Carolina Department of Health and Environmental Control

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We promote and protect the health of the public and the environment.

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	BREADS, CEREALS, RICE AND PASTA	VEGETABLES	FRUITS	MILK, YOGURT AND CHEESE	MEATS, POULTRY, FISH, DRY BEANS, EGGS AND NUTS	FATS, OILS, SWEETS AND ALCOHOLIC BEVERAGES
	6 ounces per day 1 ounce = 1 slice bread, 1 cup ready-to-eat cereal, ½ cup cooked cereal, rice or pasta	2.5 cups per day 1 cup = 2 cups raw leafy, 1 cup cooked, 1 cup juice, 1 cup raw	2 cups per day 1 cup = 1 medium, 1 cup fresh, frozen or canned; 1 cup juice	3 cups per day 1 cup = 1 cup milk or yogurt, 1 ½ ounces of natural cheese, 2 ounces of processed cheese	5.5 ounces per day 1 ounce = 1 ounce lean meat, poultry, or fish; 1 egg, 1 tbsp. peanut butter, ¼ cup cooked, dry beans; ½ ounce nuts or seeds. 3 ounces of cooked meat is about the size of a deck of cards.	Limit servings
STOP Rethink your choice limit to once a month	egg noodles; breads made with palm, coconut oil and/or lard; biscuits; corn chips; high sugar ready-to-eat cereals; combination foods such as macaroni and cheese, lasagna, pizza	vegetables in cream and butter sauces, fried vegetables, potato chips		whole milk; whole milk cottage cheese; high-fat cheese such as cheddar, Swiss, Monterey Jack, whole milk mozzarella, blue cheese, processed cheese; ice cream; whole milk yogurt; imitation milk products; most nondairy creamers; whipped toppings	egg yolks: no more than 3-4/week lamb: ground lamb patties fatty meats: spare ribs, high-fat cold cuts, sausage, bacon, hot dogs canned meat: Spam, Vienna sausages, potted meats organ meats: liver, brain, kidney	Lard, butter, coconut oil, palm oil, fat back. If you are pregnant, do not drink alcoholic beverages.
CAUTION Eat only once a week	white bread, refined cereal, corn bread or corn muffins, granola-type cereals (made with coconut or coconut oil)	avocados, olives		2% milk, reduced fat cheese (ricotta, mozzarella)	beef: lean ground, rib, chuck or rump roast, cubed, porterhouse or t-bone steaks, meat loaf poultry: duck or goose (well-drained) pork: pork chops, loin roast, Boston butt, pork cutlets, neckbones fish: canned in oil, shrimp, oysters, lobster, crab veal: veal cutlet, ground or cubed veal lamb: lamb chops, leg or lamb roast nuts/peanut butter beef: ribs, corned beef, sausage pork: spare ribs, ground pork, sausage	Limit saturated and trans fats, sweets, soda and other sweetened beverages. If you drink alcohol, do so in moderation. (No more than 2 drinks per day for men and 1 drink per day for women)
GO Choose daily	whole grain breads: whole wheat, rye, pumpernickel, whole wheat pasta, brown rice, oatmeal, wheat germ, bran cereals, whole wheat crackers, grits, noodles, puffed rice	all fresh, frozen or canned vegetables, vegetable juices, yams, sweet potatoes, white potatoes	all fresh, frozen or canned fruits, 100% fruit juice	fat-free or low-fat (1%) milk, including powdered and evaporated; fat-free or low-fat (1%) yogurt; fat-free or low-fat (1%) cottage cheese; sherbet; buttermilk made from fat-free milk; fat-free/low-fat cheese	beef: lean cuts of round, flank steak, tenderloin, chipped beef, sirloin poultry: chicken, turkey, Cornish hen (all without skin) pork: ham, Canadian bacon, tenderloin fish: fresh or frozen salmon, mackerel, tuna (water-packed) veal: veal chops and roasts egg whites: 2 whites = 1 whole egg in recipes; cholesterol-free egg substitutes wild game: deer, rabbit, squirrel, pheasant lunch meat: fat-free or 95% fat-free cold cuts	You need some oils daily for good health. Keep total intake of fat between 20-35% of calories. Get most fats from fish, nuts and healthy oils such as olive oil or canola oil. (Men 6-7 teaspoons per day & women 5-6 teaspoons per day)

Things to look at along the way...

Seasonings: You may use any of your favorite natural herbs or spices, fresh onions, garlic powder, pepper or lemon juice. For more information about seasoning with herbs and spices, ask about "Season Without Salt" ML-002078.

Labels: Learn to read food labels. If these ingredients are listed first or second on the label, limit their use: shortening, lard, eggs, butter, cream, palm oil, coconut oil, hydrogenated fat, chocolate. Look for foods labeled "heart healthy."

Cooking tips: Boil, broil, bake, steam, or grill instead of frying. For more information on cooking "heart healthy" meals, visit the American Heart Association's website at www.americanheart.org.