



Get Heart Healthy

DIETARY FAT AND BLOOD CHOLESTEROL

Saturated fat, trans fat and dietary cholesterol can raise your blood cholesterol level. Saturated fats are usually solid at room temperature, and come from animal foods such as butter or meat fat. A few plant oils, such as coconut and palm oil, are also high in saturated fat. Trans fat is primarily found in foods that contain “hydrogenated” oils such as margarine, shortening, and some processed foods. You can cut back on these cholesterol-raising fats with some simple changes.

Tips For Reducing Cholesterol-Raising Fats In Your Diet

- ✓ **Use low-fat or fat-free milk, yogurt, cheese, and sour cream rather than full-fat varieties.**
- ✓ **Limit foods that contain hydrogenated vegetable oils or tropical oils such as palm kernel and coconut oils.**
- ✓ **Select lean beef and pork, poultry with the skin removed, or fish instead of fatty meats and sausage.**
- ✓ **Eat tofu, nuts and legumes (dry beans) for delicious, meatless meals.**
- ✓ **Choose foods that are baked, broiled or steamed, rather than fried.**
- ✓ **Substitute liquid oils or trans-fat free soft margarine for shortening, butter, stick margarine, lard, or other solid fats.**
- ✓ **Top salads with low-fat or fat-free salad dressing, or select dressing made with unsaturated liquid oils such as olive, canola, safflower or soybean.**
- ✓ **Choose vegetable- or broth-based soups more often than cream soups.**
- ✓ **Read food labels for the amount of saturated fat, trans fat and dietary cholesterol.**