

Choose low-cholesterol, heart healthy foods.

Eating healthy foods can help lower your cholesterol. Below are some tips from the different food groups. Take this with you to the store when you shop for food. Or, hang it up in your kitchen as a helpful reminder.

Food Groups	Choose	Go Easy On	Avoid
<ul style="list-style-type: none"> • Meat • Poultry • Fish • Dry beans • Eggs • Nuts (up to 5 ounces of meat, poultry, fish/day)	<ul style="list-style-type: none"> • Lean cuts of meat • Chicken and turkey without skin • Fish • Egg whites • Beans / Tofu 	<ul style="list-style-type: none"> • Shellfish • Duck • Egg yolks • Nuts 	<ul style="list-style-type: none"> • Processed meats, such as bacon and bologna • Hot dogs
<ul style="list-style-type: none"> • Milk • Yogurt • Cheese (2 or more servings/day; 3-4 for pregnant or breast-feeding women)	<ul style="list-style-type: none"> • Fat-free or low-fat dairy products; skim or 1% milk • Cheeses with no more than 3 grams of fat per ounce • Low-fat yogurt 	<ul style="list-style-type: none"> • 2% fat milk • Sour cream 	<ul style="list-style-type: none"> • Whole milk • Swiss, American, Cheddar cheese • Cream cheese
<ul style="list-style-type: none"> • Fats • Oils (approximately 5-8 teaspoons/day)	<ul style="list-style-type: none"> • Corn • Olive • Canola • Sunflower oils/ Safflower oils 	<ul style="list-style-type: none"> • Avocados • Olives • Peanut oil 	<ul style="list-style-type: none"> • Butter • Lard • Bacon fat • Coconut oil • Solid shortening
<ul style="list-style-type: none"> • Breads • Cereals • Pasta • Rice (6-11 servings/day)	<ul style="list-style-type: none"> • Whole-grain breads • Whole-wheat pasta • Whole-grain rice • Plain baked potato 	<ul style="list-style-type: none"> • Granola • Biscuits • Muffins • Cornbread 	<ul style="list-style-type: none"> • Croissants • Pastries • Egg noodles • Doughnuts
<ul style="list-style-type: none"> • Fruits • Vegetables (3-5 servings/day)	<ul style="list-style-type: none"> • Fresh • Frozen • Dried fruits 	<ul style="list-style-type: none"> • Canned fruit in syrup 	<ul style="list-style-type: none"> • Coconut • Vegetables prepared in butter or cream
<ul style="list-style-type: none"> • Snacks (in limited amounts)	<ul style="list-style-type: none"> • Sorbet • Low-fat frozen yogurt • Plain popcorn • Pretzels • Fruits/vegetables 	<ul style="list-style-type: none"> • Homemade cakes, cookies and pies prepared with unsaturated oils • Baked chips 	<ul style="list-style-type: none"> • Ice cream • Chocolate • Potato chips • Buttered popcorn



Adapted from the National Heart, Lung, and Blood Institute Web site. TLC Diet Daily Food Guide Food Groups.