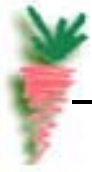


### Heart Healthy Selections:

- ▶ People with high cholesterol need to limit their intake of cholesterol and saturated fat. Foods listed under these columns should be eaten infrequently.
- ▶ People with high triglycerides need to limit high sugar foods, high saturated fat and high cholesterol foods.
- ▶ People trying to lose weight should limit the amount of food from all higher fat sources and low fat high sugar foods.

LOWER FAT (≤3 grams fat/ serving)			HIGHER FAT (>3 grams fat / serving)	
LOW FAT <i>choose often</i>	LOW FAT HIGH SUGAR <i>choose rarely if TG are ↑</i>	↑CHOLESTEROL <i>choose infrequently</i>	UNSATURATED <i>heart healthy</i>	SATURATED / TRANS <i>choose infrequently</i>
<b>Fruits &amp; Vegetables</b>				
most fresh fruits	juices, sweetened applesauce, canned fruit in syrup, dried fruit		olives, avocados	coconut
<b>Grains</b>				
most breads & cereals, barley, bulgur, pasta, rice, matzoh, tortillas, melba toast rye, soda or water crackers, pretzels	sugar sweetened cereals, graham crackers		wheat germ, waffles (read labels)	cornbread, biscuits, muffins, croissants, donuts, pastries, oil-popped popcorn, snack chips, most crackers
<b>Dairy</b>				
skim (non-fat) and 1%: milk, plain yogurts, cottage cheese non-fat dry milk, buttermilk	fruit flavored yogurts, low fat frozen yogurt			2% and whole milk, all cheeses, half & half, creamed cottage cheese, cream cheese, sour cream, whipped cream, ice cream



### Heart Healthy Selections:

LOWER FAT (≤3 grams fat/ serving)			HIGHER FAT (>3 grams fat / serving)	
LOW FAT <i>choose often</i>	LOW FAT HIGH SUGAR <i>choose rarely if TG are ↑</i>	↑CHOLESTEROL <i>choose infrequently</i>	UNSATURATED <i>heart healthy</i>	SATURATED / TRANS <i>choose infrequently</i>
<b>Protein Foods</b>				
dry beans, egg whites, most fish except those listed elsewhere, tuna canned in water, white meat skinless poultry		>100 mg. of cholesterol per 3 oz: crayfish, roe, shrimp	salmon, sardines, tuna canned in oil, anchovies, pickled herring, mackerel, nuts, seeds, tofu, soybeans	most cuts of beef, veal, lamb and pork; dark meat poultry, all poultry with skin, bacon, sausage, most cold cuts, hot dogs, organ meats and egg yolks
<b>Other</b>				
broth based soups, bouillon, tomato sauce, mustard, salsa, herbs, spices	ketchup, jams, jellies, fat free baked items: cookies, cakes, and muffins; hard candy, gelatin desserts, sherbet, sorbet, other low-fat frozen desserts		vegetable oils: sunflower, safflower, corn, soybean, peanut some salad dressings, trans-fat free margarines	creamed soups, butter, most margarines, some salad dressings, mayonnaise, vegetable shortening, palm oil, palm kernel oil, coconut oil, cakes, pies, cookies, chocolate, other candy

References:

- 1) Pennington, J. (ed) *Bowes & Church's Food Values of Portions Commonly Used* 17<sup>th</sup> ed. NY: Lippincott, Williams & Wilkins, 1998.
- 2) USDA *Nutritive Value of Foods*, Handbook 8, Home & Garden Bulletin #72