

Choose your low-cholesterol, heart-healthy diet

To get the nutrients you need, you have to eat a variety of foods. One way to do this is to choose foods from the different food groups. After determining your dietary goals with your doctor, adjust the number and size of portions to reach and stay at your desired weight.

	Choose	Go Easy	Avoid
Meat, poultry, fish, and shellfish (up to 6 ounces/day)	Lean cuts of meat with fat trimmed, chicken and turkey without skin, fish, shellfish		"Prime"-grade fatty cuts of meat, goose, duck, liver, kidneys, sausage, bacon, regular luncheon meats, hot dogs
Dairy products (2 servings/day; 3 for pregnant or breastfeeding women)	Skim milk, 1% milk, low-fat buttermilk, low-fat evaporated or nonfat milk, low-fat yogurt, cottage cheese, cheeses labeled "no more than 2 to 6 grams of fat per ounce"	2% milk, yogurt, part-skim ricotta, part-skim or imitation hard cheeses (like part-skim mozzarella), "lite" cream cheese, "lite" sour cream	Whole milk, cream, half and half, imitation milk products, whipped cream, custard-style yogurt, whole-milk ricotta, hard cheeses (like Swiss, American, cheddar, muenster), cream cheese, sour cream
Eggs	Egg whites, cholesterol-free egg substitutes	Egg yolks (no more than 3/week)	
Fats and oils (up to 6 to 8 teaspoons/day)	Corn, olive, peanut, canola (rapeseed), safflower, sesame, and soybean oils, tub (not stick) margarine	Nuts, seeds, avocados, olives	Butter, lard, bacon fat, coconut and palm kernel oils
Breads, cereals, pasta, rice, dried peas, and beans (6 to 11 servings/day)	Most breads, bagels, English muffins, rice cakes, low-fat crackers (like matzo, bread sticks, rye krisps, saltines); hot and cold cereals; spaghetti, macaroni, noodles, and any grain rice; dried peas and beans	Store-bought pancakes, waffles, biscuits, muffins, and cornbread	Croissants, sweet rolls, danish, doughnuts, and crackers made with saturated oils; granola-type cereals made with saturated oil, egg noodles, pasta, and rice prepared with cream, butter, or cheese sauces
Fruits and vegetables (2 to 4 servings of fruit/day; 3 to 5 servings of vegetables/day)	Fresh, frozen, canned, or dried fruits		Vegetables prepared in butter, cream, or sauce
Snacks (avoid too many sweets)	Sherbet, sorbet, Italian ice, frozen yogurt, popsicles, angel food cake, fig bars, gingersnaps, low-fat jelly beans and hard candy, plain popcorn, pretzels, fruit juices, tea, coffee	Ice milk, fruit crisps and cobblers, homemade cakes, cookies, and pies prepared with unsaturated oils	Ice cream, frozen tofu, candy, chocolate, potato chips, buttered popcorn, milkshakes, frappes, floats, eggnog, store-bought pies, most store-bought frosted and pound cakes



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FD-56-PDS222-A1 (01/13)
2014/9