











## HOLDING THE LID ON FATS

	Instead of	Try
<b>Breakfast Foods</b> 	<ul style="list-style-type: none"> <li>• Donuts and pastries</li> <li>• Croissants and bagels with butter or margarine, or full-fat cream cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Whole grain cereals, such as Cheerios®</li> <li>• Whole grain breads and bagels with low fat spreads, or preserves</li> </ul>
<b>Dairy Products</b> 	<ul style="list-style-type: none"> <li>• Full-fat (whole) or reduced fat (2%) milk</li> <li>• Full-fat cheeses such as Colby, Swiss, Cheddar</li> <li>• Full fat sour cream</li> </ul>	<ul style="list-style-type: none"> <li>• Nonfat (skim) or low-fat (1%) milk</li> <li>• Low-fat (part-skim) or fat-free cheeses such as string, mozzarella, or cheeses labeled low-fat or fat free</li> <li>• Low-fat or fat free plain yogurt or sour cream</li> </ul>
<b>Oils, Spreads, and Dressings</b> 	<ul style="list-style-type: none"> <li>• Butter, stick margarine, shortening, lard</li> <li>• Regular salad dressing</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable oils such as canola, corn, olive, soybean or sunflower</li> <li>• Soft margarine with no trans fats</li> <li>• Low-fat or fat-free mayonnaise or dressing</li> <li>• Nuts, peanut butter, and seeds</li> </ul>
<b>Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts</b> 	<ul style="list-style-type: none"> <li>• High-fat meats such as sausage, ribs, or meat with visible fat or skin</li> <li>• High-fat lunch meats, bologna, or hot dogs</li> <li>• Fried meat, poultry, or fish</li> <li>• Tuna canned in oil</li> <li>• Whole eggs</li> </ul>	<ul style="list-style-type: none"> <li>• Legumes such as kidney and black beans, tofu, nuts, or lean, trimmed cuts of meat including tenderloin, sirloin, or skinned chicken or turkey breast</li> <li>• Roasted or grilled meat, poultry, or fish</li> <li>• Meat with visible fat, or skin removed</li> <li>• Lean roast beef or ham, chicken or turkey breast, low-fat bologna, or hot dogs</li> <li>• Tuna canned in water</li> <li>• Eggs prepared with one yolk and extra egg whites</li> </ul>
<b>Vegetables</b> 	<ul style="list-style-type: none"> <li>• French fries, or baked potatoes with butter and sour cream</li> <li>• Tossed salad with full-fat dressing</li> <li>• Steamed vegetables with butter, or high-fat sauces</li> </ul>	<ul style="list-style-type: none"> <li>• Baked potatoes with low-fat or no-fat sourcream or yogurt or salsa</li> <li>• Tossed salad with low-fat or fat-free dressing</li> <li>• Steamed vegetables with half the amount of butter or high-fat sauce, or without the butter or sauce</li> </ul>
<b>Rice and Pasta</b> 	<ul style="list-style-type: none"> <li>• Pasta with butter, alfredo, or cheese sauce</li> <li>• Rice with butter or high-fat sauce</li> </ul>	<ul style="list-style-type: none"> <li>• Pasta with tomato sauce and vegetables</li> <li>• Rice with low-fat sauce, vegetables, or spices</li> </ul>
<b>Soups</b> 	<ul style="list-style-type: none"> <li>• Cream soups</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable or broth-based soups</li> </ul>
<b>Desserts</b> 	<ul style="list-style-type: none"> <li>• Cakes or cookies</li> <li>• Full-fat ice cream</li> </ul>	<ul style="list-style-type: none"> <li>• Low-fat cakes and cookies, fresh fruit with low-fat or no fat topping</li> <li>• Low-fat ice cream or yogurt layered with fresh fruit and whole-grain cereal</li> </ul>
<b>Snacks</b> 	<ul style="list-style-type: none"> <li>• Regular potato chips or tortilla chips</li> <li>• Chocolate bars</li> </ul>	<ul style="list-style-type: none"> <li>• Baked or reduced-fat chips, air-popped or low-fat microwave popcorn, whole grain cereals, or reduced-fat crackers</li> <li>• Fresh fruit, vegetables with reduced-fat dip or low-fat yogurt</li> </ul>

# TIME FOR AN OIL CHANGE



## Heart Healthy Fats

### ♥ Mono-Unsaturated Fatty Acids

- Olive oil
- Canola oil
- Peanut oil

### ♥ Poly-unsaturated Fatty Acids

- Safflower oil
- Sunflower oil
- Corn oil
- Sesame oil
- Soft (tub) margarine

### ♥ Omega-3 Fatty Acids

- Flaxseed oil
- Fish such as:
  - tuna
  - salmon
  - mackerel
  - sardines
  - herring



### ♥ Foods with Plant Sterols

- Granola bars, orange juice, or other foods with added plant sterols
- Vegetable spreads containing stanol and sterol esters

## Cholesterol-Raising Fats

### Saturated Fatty Acids

- Coconut oil
- Palm oil
- Palm kernel oil
- Beef fat
- Lard

### Trans Fats

- Stick margarine
- Foods made with hydrogenated vegetable shortening