



HOLDING THE LID ON FATS

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

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