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®

Reducing Fat and Cholesterol

Cutting trans fat, saturated fat and cholesterol can reduce risk for cardiovascular disease.

Learning for Life

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Contact your local
office at



- **Cut cholesterol to less than 300 milligrams per day. Those with heart disease may need to limit to less than 200 milligrams per day.**
- **Switch from solid fats to liquid oils to cut saturated and trans fats.**
- **Avoid partially-hydrogenated vegetable oils to cut trans fats.**
- **Any oil or fat has 45 calories per teaspoon. Use small amounts.**
- **Low fat foods aren't always lower in calories.**



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To Cut Fat and Cholesterol

- Bake, broil, boil or grill instead of frying.
- Trim fat from meat.
- Remove skin from poultry.
- Stretch meat and poultry with vegetables, grains or fruit.
- Season with fat free broth and spices and herbs instead of fatty meat, fat back, bacon or butter.
- Shred cheese so a little looks like a lot.
- Use small amounts of vegetable oil instead of shortening, lard, butter, stick margarine and other solid fats.
- Choose low fat or non-fat dairy foods.
- Eat fruit instead of high fat desserts and snacks.
- Choose light or heart healthy menu items when you dine out.
- Replace a whole egg with two egg whites or 1/4 cup low cholesterol egg substitute.

Omega-3 fatty acids from salmon, trout, mackerel, sardines, tuna and other fatty fish are also good.



Good Oils to Try

Canola
Olive
Peanut
Soybean
Corn
Safflower
Sunflower

Discuss with a dietitian or doctor, what percentage of your total calories should come from fat.

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