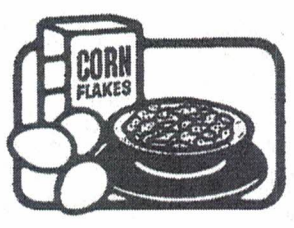


# The Relative Saturated Fat-Cholesterol Content of Foods at a Glance\*



**Dairy and Related Products**

**HIGH:** whole milk and whole milk packaged goods; cream; ice cream; milk puddings, yogurt; cheeses; eggnog, malted milk, milk shakes  
**LOW:** skim milk, buttermilk from skim milk; low fat cheeses (farmer, uncreamed cottage, mozzarella); 1% fat milk, low fat yogurt, powdered skim milk; imitation cream made with vegetable fat; cocoa made with nonfat or low fat milk



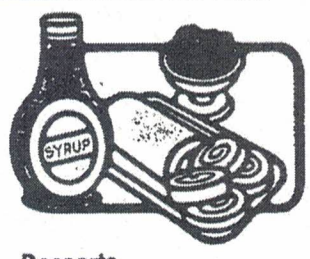
**Eggs Cereals**

**HIGH:** egg yolks  
**LOW:** egg whites, egg substitutes  
**HIGH:** any cereal that contains coconut  
**LOW:** ½ cup of hot cereal or ¾ cup of any other cold cereal daily



**Cooked Meat, Poultry, Fish**

**HIGH:** pork and pork products; fatty fowl (goose, duck); skin of fowl; processed luncheon meats, frankfurters and fast food hamburgers; organ meats; canned fish packed in oil; shellfish, except sparingly  
**LOW:** lean meats and fowl; fresh, frozen, or canned fish water-packed (bake or broil all meat and fish)



**Desserts**

**HIGH:** pastries, cakes, pies, most cookies; potato chips and other fried snacks; chocolate and other candies; ice creams, syrups, and puddings  
**LOW:** water ice; gelatin; pudding made with skim milk; egg white souffles; unbuttered popcorn; jams and jellies; angel food cake, animal crackers; fig bars, lady fingers, ginger snaps, raisin cookies; popsicles



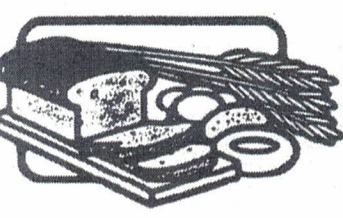
**Vegetables**

**LOW:** virtually all vegetables, boiled, steamed, or braised with a polyunsaturated vegetable oil derived from safflower, soybean, sunflower, corn, or sesame seeds



**Beverages**

**HIGH:** cocoa made with whole milk or sugar; whole milk drinks  
**LOW:** fresh fruit juice; black coffee or plain tea; diet soft drinks; cocoa made with skim milk; clear broth; alcohol, 2 servings or less per day (1 ounce liquor, 5 ounces beer, or 2½ ounces dry table wine per serving); carbonated bottled sodas; nondairy creamer



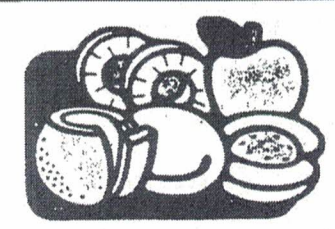
**Breads and Grains**

**HIGH:** baked goods made with milk, eggs, or animal fat; commercial mixes with dried eggs and whole milk; sweet rolls, Danish pastries, and doughnuts  
**LOW:** one slice whole grain or enriched bread; one roll; several pieces of melba toast (may use soft vegetable margarine); bagel; cinnamon raisin bread, cracked wheat bread, American rye; breadstick, matzoh, zwieback



**Fats and Oils**

**HIGH:** butter; palm and coconut oils; lard; solid margarine; commercial salad dressings; gravies; cream sauces, bacon drippings  
**LOW:** polyunsaturated vegetable oils derived from safflower, soybean, sunflower, corn, sesame seeds; or olive and peanut oils (mono-unsaturated)



**Fruits and Nuts**

**HIGH:** Greek olives; all nuts, except fresh chestnuts; peanut butter  
**LOW:** all fresh fruit and frozen or canned fruit with no sugar or syrup added



**Miscellaneous**

**HIGH:** hollandaise sauce, tartar sauce; many dessert sauces; white sauce unless made with low fat yogurt  
**LOW:** sugar substitutes; spices, vinegar, mustard, Worcestershire sauce, and soy sauce to taste

\*The information contained here is based variously on the American Heart Association Cookbook, 3rd ed., New York, Ballantine Books, 1980; Bowes and Church's Food Values of Portions Commonly Used, 13th ed., JAT Pennington and HN Church, Eds., Philadelphia, JB Lippincott Company, 1980; and Data on file, MERRELL DOW PHARMACEUTICALS INC., Cincinnati, Ohio 45215.

Heart Smart™ Hint: Become a label reader; look for hidden saturated fat and cholesterol in foods. Vegetable products have no cholesterol, generally, but may be high in saturated fats, i.e. coconut oil, palm oil, or any hydrogenated vegetable oils.