



Cholesterol & Your Diet

If you have high cholesterol, one way of lowering your cholesterol is by eating a healthy diet low in fat and cholesterol. Eat a variety of fruits and vegetables, whole grain products, fish, beans and peas, and low-fat or fat-free dairy products.

The food list below can help you make healthy food choices. It has suggestions on foods you should eat, and foods you should limit or avoid.

✓ Eat More Of	✗ Eat Less Of or Avoid
Fat-free or low-fat dairy products Fat-free or low-fat milk, cheese, yogurt	High-fat and high-cholesterol foods Whole milk, cream, ice cream, butter, egg yolks and full-fat cheese
Fish Sole, cod, sea bass, salmon, tilapia, anchovies	Seafood and shellfish Squid, cuttlefish, octopus, shrimp, prawns, scallops
Lean meats Skinless chicken breast and turkey, pork loin, tenderloin, flank steak	Organ meats and fatty meats Liver, sweetbreads, kidneys, brain, tripe, duck, goose, pigeon, chicken's feet, spare ribs, oxtail, braised beef
Soybean products Tofu, soy milk, bean curd sheets	Processed meats Ham, Chinese sausages, hot dog wieners, bacon, preserved pork
High-fiber dried peas and beans Soybeans, black beans, mung beans, peas, string beans	Foods made with egg yolks, shortening, partially hydrogenated oil, margarine and lard Moon cakes, egg tarts, custards, red bean buns, taro buns, other pastries
Whole grains Brown rice, oatmeal, whole wheat bread oatmeal, millet, barley	Foods made with coconut oil, palm oil and palm kernel oil Most processed foods such as cookies, cakes, crackers, prawn chips
Fruits and vegetables All kinds	Fried and deep fried foods Fried rice, spring rolls, turnip cake, Chinese doughnuts (you tiao), scallion pancakes
Natural snacks Nuts (peanuts, walnuts, almonds, cashews, pistachios, sunflower seeds), and dried fruits (plums, persimmons and apricots)	Most fast foods French fries, hamburgers, chicken nuggets, fried chicken, pizza