

SOURCES OF CHOLESTEROL AND FAT

Cholesterol (Limit These)	Saturated/Trans Fat (Limit These)	Unsaturated Fat	
Meat	Meat	Safflower oil	--Polyunsaturated
Cheese	Cheese	Sunflower oil	
Egg yolk	Egg yolk	Corn oil	
Whole milk	Whole milk	Soybean oil	
Reduced fat (2%) milk	Reduced fat (2%) milk	Sesame oil	
Ice cream	Ice cream	Walnuts	
Butter	Cream cheese	Sesame seeds	
Organ meats	Sour cream		
Shellfish	Palm oil	Olive oil	--Monounsaturated (choose more often)
	Coconut oil	Canola oil	
	Hydrogenated or partially-hydrogenated vegetable oil	Olives	
	Poultry with skin	Avocados	
	Margarine	Almonds	
		Cashews	
		Pecans	