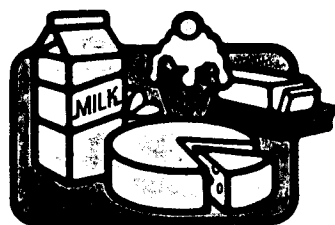


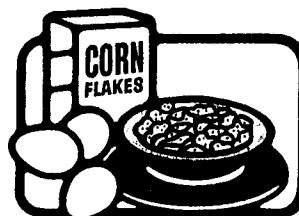
The Relative Saturated Fat-Cholesterol Content of Foods at a Glance*



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

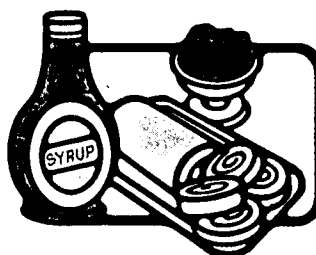
LOW: ½ cup of hot cereal or ¾ cup of any other cold cereal daily



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

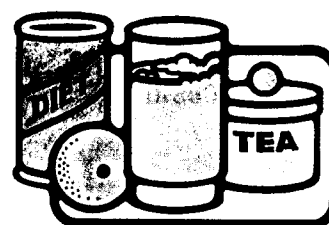
HIGH: pastries, cakes, pies, most cookies; potato chips and other fried snacks; chocolate and other candies; ice creams, syrups, and puddings

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

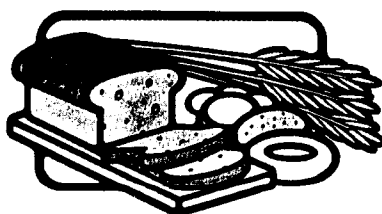
LOW: virtually all vegetables, boiled, steamed, or braised with a polyunsaturated vegetable oil derived from safflower, soybean, sunflower, corn, or sesame seeds



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.