

Cholesterol

One way to lower cholesterol is to lower the amount of animal fat in your diet. Here is a list of low, medium, versus high fat meats. Eat more of the meats from the low fat column.

Other animal products that are high in fat and should be avoided include butter, egg yolks, cheese, and whole milk. Better choices to lower cholesterol include margarine, egg whites, and skim milk.

Increasing the amount of fibre in your diet by including more fruits and vegetables, whole grains, beans and legumes, nuts and seeds may also help lower cholesterol.

| Low fat (<10 grams fat/4 oz) | Medium fat (10-16 grams fat/4oz) | High fat (>16 grams fat/4 oz) |
|--|---|---|
| Chicken without the skin | Ground turkey | Sausage |
| Chicken liver, gizzard, heart | Duck | Bacon |
| Turkey without the skin | Goose | Ground beef |
| Turkey liver, gizzard, heart | Mackerel | Hamburger |
| Most fish | Herring | Bologna |
| Tuna (fresh and canned) | Sardines | Salami |
| Roe | Eel | Pimento loaf |
| Mussels | Sirloin steak | Olive loaf |
| Lobster | T-bone steak | Liverwurst |
| Oysters | Porterhouse steak | Knackwurst |
| Shrimp | Rib eye steak | Bratwurst |
| Scallops | Delmonico steak | Keilbasa |
| Crab | Fillet Mignon | Blood sausage |
| Pork tenderloin | New York strip steak | Pepperoni |
| Pork loin roast | Prime rib | Spam |
| Pork loin chop | Pork rib roast | Vienna sausage |
| Pork rib chop | Pork sirloin roast | Ground pork |
| Ham | Pork Blade Steak | Hot dogs |
| Ham steak | Lamb rib chop | Prociutto |
| Top round | Lamb shoulder | Summer sausage |
| Bottom round | Lamb loin chop | Corned beef |
| Eye of round | Brains | Head cheese |
| Flank steak | Canadian Bacon | Chitterlings |
| Chuck roast | Pastrami | Pork ribs |
| Beef or calf liver | | Pork neck bones |
| Leg of lamb | | Pate, liver |
| Veal | | Sandwich spread |
| Most game | | Pork tails and jowls |

Even if you are following an excellent diet, since the body can manufacture cholesterol and the amount of cholesterol your body makes is genetically controlled, you may still need medication in order to control your cholesterol. Benecol brand margarine which contains plant sterol esters may help lower cholesterol and fish oil omega-3-fatty acids may also help lower cholesterol.