

## 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.

<b>Low fat (&lt;10 grams fat/4 oz)</b>	<b>Medium fat (10-16 grams fat/4oz)</b>	<b>High fat (&gt;16 grams fat/4 oz)</b>
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.