

# Heart-healthy eating with less fat and cholesterol

Eating a diet that is lower in saturated fat and cholesterol may help lower your risk of heart disease. If you already have heart disease it is also one of the ways you can help manage your condition.

## Here are ways you can eat less saturated fat, trans fat and cholesterol

<input type="checkbox"/> Limit your intake of saturated fat you eat to 7%-10% of your daily calories	Examples of foods with saturated fats: butter, lard, cream, whole milk and 2% milk, full-fat cheese, ice cream, chicken and turkey with the skin on, fatty beef, lamb, pork. Many baked goods and fried foods, as well as palm and coconut oils, also contain saturated fats
<input type="checkbox"/> Eat less foods that are high in trans fat	Examples of foods that may contain trans fats: french fries, packaged baked goods (such as biscuits, pie crust, pastries), pizza dough, cookies, crackers, stick margarine, and shortening. Some products are free of trans fats. Be sure to check the food labels
<input type="checkbox"/> Limit the amount of cholesterol you consume to 300 mg a day. If you already have heart disease, aim for under 200 mg a day	Read Nutrition Facts Labels to find out how much cholesterol is in the foods you buy. Choose foods that are low in cholesterol. (Turn to the back for tips on how to read Nutrition Facts Labels)

## Consider these healthy cooking choices recommended by the American Heart Association

Instead of...	Consider...
Butter (1 tablespoon)	Low-fat soft spread (low in saturated fat with no trans fat) or $\frac{3}{4}$ tablespoon vegetable oil
Whole milk (1 cup)	1 cup fat-free or low-fat milk plus 1 tablespoon liquid vegetable oil
Heavy cream	Evaporated skim milk
Sour cream	Low-fat yogurt, fat-free yogurt, or fat-free sour cream
Lard	Canola oil, olive oil, or safflower oil
Egg (1 egg)	2 egg whites or $\frac{1}{4}$ cup cholesterol-free egg substitute

## Find heart-healthy recipes in special cookbooks on Web sites like:

American Heart Association at [www.heart.org](http://www.heart.org)  
American Diabetes Association at [www.diabetes.org](http://www.diabetes.org)  
National Heart, Lung, and Blood Institute at [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

## Learn how to read food labels

All US packaged foods and beverages have a food label called Nutrition Facts. Nutrition Facts tells you how much fat and other nutrients are in the foods you buy. Nutrition Facts also tells you how much saturated fat, trans fat, and cholesterol are in a serving of a food. That can help you choose foods with lower saturated fat and trans fat.

**TIP**

Look for the amount of grams of trans fat on labels. There is no recommended total daily value for trans fat, so you won't find the % Daily Value for it on labels. Choose foods low in trans fat.

**TIP**

Look for the amount of grams of saturated fat on labels. Choose foods low in saturated fat. 5% Daily Value or less of total fat is low. 20% Daily Value or more of total fat is high.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	<b>4%</b>
Vitamin C	<b>2%</b>
Calcium	<b>20%</b>
Iron	<b>4%</b>

The % Daily Value tells you how much of a nutrient you need each day is in one serving of that food. It is based on a daily diet of 2000 calories

**Talk with your healthcare provider or dietitian about creating a daily food plan that works for you.**