

20 Ways to Reduce Fat and Cholesterol in Your Diet

This handout provides easy ways you can reduce fat and cholesterol in your diet.

Meat and Beans

- Eat less meat. Aim for a total of no more than 6 ounces per day.
- Choose lean and less marbled meats such as 93% lean, tenderloin, top sirloin, or round.
- Bake, grill, broil or roast meat.
- Trim any visible fat and remove the skin from poultry.
- Include fish (not deep fried) at least 2 times per week.
- Include small amounts (1-2 handfuls) of nuts or seeds most days of the week.
- Enjoy meatless meals and include dried beans (navy, kidney, black, pinto, split peas, lentils, or soybeans) at least once per week, more if you can.

Dairy and Eggs

- Use skim or low-fat milk, low-fat yogurt (including Greek), low-fat cheese and low-fat cottage cheese.
- Substitute frozen yogurt, or low-fat ice cream for regular ice cream.
- Limit egg yolks to no more than 4 per week.
- Use egg substitute or egg whites when you bake and prepare food.

Fruits, Vegetables and Whole Grains

- Fill half your plate with colorful vegetables and include fruits or vegetables for each snack.
- Focus on whole grains, such as oatmeal, barley, quinoa, brown or wild rice, and whole grain bread or pasta.

Fats Added to Foods

- Use smaller amounts of all fats.
- Choose oils (olive, avocado, sesame or canola) and soft tub margarine instead of butter and shortening.
- Use reduced fat margarine, cream cheese, sour cream, mayo and salad dressing.

Processed Foods and Desserts

- Choose baked instead of deep-fried foods.
- Eat smaller servings of desserts.
- Enjoy fruit for dessert.
- Avoid all fried foods.

Who to Call

If you are a UW Health patient and have more questions, please call the phone number listed below. You can also visit our website at www.uwhealth.org/nutrition.

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children's Hospital (AFCH) can be reached at **(608) 890-5500**.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 1/2023 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#225