



Sources of Cholesterol and Fat

Cholesterol (Limit These)	Saturated/Trans Fat (Limit These)	Unsaturated Fat
Meat	Meat 	<div style="display: flex; align-items: center;"> <div style="border-left: 1px dashed black; padding-left: 10px;"> Safflower oil Sunflower oil Corn oil Soybean oil Sesame oil Walnuts Sesame seeds </div> <div style="margin-left: 20px;"> Polyunsaturated  </div> </div>
Cheese	Cheese	
Egg yolk	Egg yolk	
Whole milk	Whole milk	
Reduced fat (2%) milk	Reduced fat (2%) milk	
Ice cream	Ice cream	
Butter	Cream cheese	
Organ meats	Sour cream	
Shellfish	Palm oil	
	Coconut oil	
	Cocoa butter	
	Hydrogenated or partially-hydrogenated Vegetable oil	
	Poultry with skin	
	Margarine	