



Lab A11-1 MEDFACTS: Evaluating Your Diet for Cholesterol Control

This assessment looks at eight different categories of foods; each food category is divided into two groups. Group 1 foods are high in fat, saturated fat, and/or cholesterol; Group 2 foods are lower in fat. Think about the foods you eat each week. Look at each food category—are the foods you eat listed under Group 1 or Group 2? Once you know the group, follow the line over to the circles under “Weekly Consumption.” Check the circle that best describes the number of servings of those foods you usually eat in one week. Then check the circle for the portion size you usually eat. Do the same thing for each of the food groups.

FOOD CATEGORY	WEEKLY CONSUMPTION	SERVING SIZE	SCORE																												
MEATS																															
<ul style="list-style-type: none"> Recommended amount per day: ≤ 6 oz (equal in size to 2 decks of playing cards). Base your estimate on the foods you consume most often. Beef and lamb selections are trimmed to 1/8 inch fat. 																															
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^a Score 6 points if this circle is checked.

^b All parts not listed in Group 1 have < 10 grams total fat.

^c Organ meats, shrimp, abalone, and squid are low in fat but high in cholesterol

^d Only lean cuts with all visible fat trimmed. If not trimmed of all visible fat, score as if in Group 1.

(over)

LAB A11-1 (continued)

FOOD CATEGORY	WEEKLY CONSUMPTION			SERVING SIZE		SCORE
EGGS						
<ul style="list-style-type: none"> Weekly consumption is the number of times you eat eggs each week. For serving size, check the number of eggs eaten each time. 						
	Rarely/ never	3 or less	4 or more	Small	Average	Large
GROUP 1 _____	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Whole eggs, egg yolks		3 pts	7 pts	1 pt	2 pts	3 pts
GROUP 2 _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Egg whites, egg substitutes (1/2 cup = 2 eggs)						
DAIRY						
MILK: Average serving: 1 cup						
GROUP 1 _____	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Whole milk, 2% milk, 2% buttermilk, yogurt (whole milk)		3 pts	7 pts	1 pt	2 pts	3 pts
GROUP 2 _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Skim milk, 1% milk, skim milk buttermilk, yogurt (nonfat or low-fat)						
CHEESE: Average serving: 1 oz.						
GROUP 1 _____	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cream cheese, cheddar, Monterey jack, colby, Swiss, American processed, blue cheese, regular cottage cheese (1/2 cup) and ricotta (1/4 cup)		3 pts	7 pts	1 pt	2 pts	3 pts
GROUP 2 _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Low-fat and fat-free cheeses, skim milk mozzarella, string cheese; low-fat, skim, and fat-free cottage cheese (1/2 cup) and ricotta (1/4 cup)						
FROZEN DESSERTS: Average serving: 1/2 cup						
GROUP 1 _____	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Regular ice cream, frozen yogurt, milkshakes		3 pts	7 pts	1 pt	2 pts	3 pts
GROUP 2 _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ice milk, sherbet, sorbet, low-fat and nonfat ice cream and frozen yogurt						
FRYING FOODS						
<ul style="list-style-type: none"> Average serving: see below. This section refers to method of preparation for vegetables and meat. 						
GROUP 1 _____	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
French fries, fried vegetables (1/2 cup) Fried chicken, fish, and meat (3 oz)		3 pts	7 pts	1 pt	2 pts	3 pts
GROUP 2 _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vegetables, not deep fried (1/2 cup) Meat, poultry, or fish prepared by baking, broiling, grilling, poaching, roasting, stewing (3 oz)						
BAKED GOODS						
Average serving: 1 serving						
GROUP 1 _____	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Doughnuts, biscuits, butter rolls, muffins, croissants, sweet rolls, Danish, cakes, pies, coffee cakes, cookies		3 pts	7 pts	1 pt	2 pts	3 pts
GROUP 2 _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fruit bars, low-fat cookies/cakes/pastries, angel food cake, homemade baked goods with vegetable oils, breads, bagels						

(over)

LAB A11-1 (continued)

FOOD CATEGORY	WEEKLY CONSUMPTION			SERVING SIZE			SCORE
	Rarely/ never	3 or less	4 or more	Small	Average	Large	
CONVENIENCE FOODS							
• Average serving: see below							
GROUP 1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	= _____
Canned, packaged, or frozen dinners; e.g., pizza (1 slice), macaroni and cheese (about 1 cup), pot pie (1), cream soups (1 cup); potato, rice, and pasta dishes with cream/cheese sauces (1/2 cup)							
GROUP 2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Diet/reduced-calorie or reduced-fat dinners (1 dinner); potato, rice, and pasta dishes without cream/cheese sauces (1/2 cup)							
TABLE FATS							
• Average serving: 1 tablespoon							
GROUP 1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	= _____
Butter or stick margarine; regular salad dressing, mayonnaise, sour cream (2 tbsp)							
GROUP 2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Diet and tub margarine; low-fat and fat-free salad dressings; low-fat and fat-free mayonnaise							
SNACKS							
GROUP 1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	= _____
Chips (potato, corn, taco), cheese puffs, snack mix, nuts (1 oz) Regular crackers (1-1/2 oz) Candy (milk chocolate, caramel, coconut) (about 1-1/2 oz) Regular popcorn (3 cups)							
GROUP 2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Pretzels, fat-free chips (1 oz) Low-fat crackers (1/2 oz) Fruit, fruit rolls, licorice, hard candy (1 medium piece) Bread sticks (1-2), air-popped or low-fat popcorn (3 cups)							

Total Score _____

Scoring

For each group, multiply your weekly consumption points (3 or 7) by your serving-size points (1, 2, or 3). For example, if you eat an average serving size of fried foods 4 or more times per week, your score for fried foods would be 7×2 , or 14. Note that not all responses carry a point value; with the exception for a large serving for Group 2 meats, no points are scored for Group 2 foods. Your final score is the total of all points for all food categories.

Score	Recommendation
70 or above	Need to make some dietary changes
40-69	Step I diet
Below 40	Step II diet

LAB A11-1 (continued)

Heart-Healthy Eating: The Step I and Step II Diets

All Americans should follow the general rules to lower blood cholesterol:

- Choose foods low in total fat, saturated fat, trans fat, and cholesterol.
- Choose foods high in starch and fiber.
- Be more physically active.
- Lose weight, if you are overweight.

In fact, this is a way that the whole family can eat (except infants under 2 years, who need more calories from fat), because these guidelines are similar to those recommended for the general population. And if the whole family eats in this way, it will help you make your blood cholesterol-lowering diet your everyday way of eating.

If you have high blood cholesterol, you will have to pay attention to what you eat by following either the Step I diet or the Step II diet, as advised by your physician.

On the Step I diet, you should eat

- 8–10% of the day's total calories from saturated fat.
- 30% or less of the day's total calories from fat.
- less than 300 milligrams of dietary cholesterol a day.
- just enough calories to achieve and maintain a healthy weight. (You may want to ask your physician or registered dietitian what is a reasonable calorie level for you.)

If you do not lower your blood cholesterol enough on the Step I diet or if you are at high risk for heart disease, your physician may ask you to follow the Step II diet. If you already have heart disease, you should start on the Step II diet right away. The Step II diet helps you cut down on saturated fat and cholesterol even more than the Step I diet. This helps lower your blood cholesterol even more.

On the Step II diet, you should eat

- less than 7% of the day's total calories from saturated fat.
- 30% or less of the day's total calories from fat.
- less than 200 milligrams of dietary cholesterol a day.
- just enough calories to achieve and maintain a healthy weight. (You may want to ask your physician or registered dietitian what is a reasonable calorie level for you.)

To get the full benefits of the Step II diet, you should have help from a registered dietitian or other qualified nutritionist.