Cutting trans fat, saturated fat and cholesterol can reduce risk for cardiovascular disease.

Learning for Life

The University of Georgia Cooperative Extension

Contact your local office at

- Cut cholesterol to less than 300 milligrams per day. Those with heart disease may need to limit to less than 200 milligrams per day.
- Switch from solid fats to liquid oils to cut saturated and trans fats.
- Avoid partially-hydrogenated vegetable oils to cut trans fats.
- Any oil or fat has 45 calories per teaspoon. Use small amounts.
- Low fat foods aren’t always lower in calories.
To Cut Fat and Cholesterol

- Bake, broil, boil or grill instead of frying.
- Trim fat from meat.
- Remove skin from poultry.
- Stretch meat and poultry with vegetables, grains or fruit.
- Season with fat free broth and spices and herbs instead of fatty meat, fat back, bacon or butter.
- Shred cheese so a little looks like a lot.

Use small amounts of vegetable oil instead of shortening, lard, butter, stick margarine and other solid fats.

- Choose low fat or non-fat dairy foods.
- Eat fruit instead of high fat desserts and snacks.
- Choose light or heart healthy menu items when you dine out.
- Replace a whole egg with two egg whites or 1/4 cup low cholesterol egg substitute.

Omega–3 fatty acids from salmon, trout, mackerel, sardines, tuna and other fatty fish are also good.

Good Oils to Try

Canola
Olive
Peanut
Soybean
Corn
Safflower
Sunflower

Discuss with a dietitian or doctor, what percentage of your total calories should come from fat.