

Countdown  
on

# Cholesterol

## Countdown on Cholesterol

How to make your daily cholesterol diary

▲ Very high cholesterol (90 mg or more)  
 △ High cholesterol (41-89 mg)  
 ■ Moderate cholesterol (11-40 mg)  
 ▼ Low cholesterol (0-10 mg)

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
▲	▼	▲	▼	▲	▼

mgs. total

Place a check (✓) under the appropriate symbol (▲, △, ■, or ▼) for each food item you eat during the day. Use the checks to your cholesterol intake for the day. For example: 1▲ + 4■ + 8▼ = approximately 300 mg of dietary cholesterol

Note: The National Institutes of Health recommend eating 300 mg or less of dietary cholesterol per day to maintain a healthy cholesterol level.

### BEEF (3 1/2 oz, cooked)

- ▲ Corned beef, brisket **98/251/19.0/6.3**
- ▲ Frankfurter (2) **61/315/28.5/12.0**
- ▲ Ground beef, lean, broiled **87/272/18.5/7.2**
- ▲ Liver, braised **389/161/4.9/1.9**
- ▲ Prime rib roast, lean **81/240/13.8/5.8**
- ▲ T-bone steak, lean and fat, choice, broiled **84/324/24.6/10.2**
- ▲ Veal cutlet, braised or broiled **128/271/11.0/4.8**

### LAMB (3 1/2 oz, cooked)

- ▲ Leg of lamb, lean, roasted **89/191/8.2/3.0**
- ▲ Loin chop, lean, broiled **94/215/9.4/4.1**

### PORK (3 1/2 oz, cooked)

- ▲ Bacon, fried (3 med. slices) **16/109/9.4/3.3**
- ▲ Bratwurst, fresh, cooked **60/301/25.9/9.3**
- ▲ Cured ham, boneless, roasted **59/178/9.0/3.1**
- ▲ Sausage, Italian, fresh, cooked **78/323/25.7/9.0**
- ▲ Spareribs, fresh, braised **121/397/30.3/11.8**

### POULTRY (3 1/2 oz, cooked)

- ▲ Chicken frankfurter (2) **101/257/19.5/5.5**
- ▲ Chicken, roasters, light meat, no skin **75/153/4.1/1.1**
- ▲ Turkey, fryer, roasted, light meat, no skin **86/140/1.9/0.4**

### SEAFOOD (3 1/2 oz, cooked)

- ▲ Clams, mixed species, moist heat **67/148/2.0/0.2**
- ▲ Lobster, northern **72/98/0.6/0.1**
- ▲ Shrimp, mixed species, moist heat **195/99/1.1/0.3**
- ▲ Swordfish, dry heat **50/155/5.1/1.4**
- ▲ Trout, rainbow, dry heat **73/151/4.3/0.8**
- Tuna, light, in oil (2 oz) **30/110/6.0/1.0**
- Tuna, light, in water (2 oz) **30/60/0.5/0**

### EGGS

- ▼ Egg, chicken, white **0/17/0/0**
- ▲ Egg, chicken, whole, boiled **213/77/5.3/1.6**
- ▲ Egg, chicken, yolk **213/59/5.1/1.6**

### CHEESE (1 oz serving)

- \* ■ American processed cheese, pasteurized **27/106/8.9/5.6**
- \* ■ Blue **21/100/8.2/5.3**
- \* ■ Brick **27/105/8.4/5.3**
- \* ■ Cheddar **30/114/9.4/6.0**
- ▼ Cottage cheese, 1% fat (4 oz) **5/82/1.2/0.7**
- \* ■ Cream cheese **31/99/9.9/6.2**
- \* ■ Edam **25/101/7.9/5.0**
- \* ■ Gruyere **31/117/9.2/5.4**
- \* ■ Limburger **26/93/7.7/4.8**
- \* ■ Mozzarella **22/80/6.1/3.7**
- \* ■ Muenster **27/104/8.5/5.4**
- \* ■ Parmesan **22/129/8.5/5.4**
- \* ■ Ricotta, part-skim (4 oz) **25/156/9.0/5.6**
- \* ■ Swiss **26/107/7.8/5.0**

### MILK (8 oz serving)

- ▼ Baskin Robbins frozen yogurt, strawberry, non-fat (4 oz) **0/110/0/+**
- ▲ Ice cream, french vanilla, soft serve **153/377/22.5/13.5**
- ▲ Ice cream, vanilla, reg. **59/269/14.3/8.9**
- ▼ Milk, low-fat 1% **10/102/2.6/1.6**
- ▼ Milk, skim **4/86/0.4/0.3**
- Milk, whole **33/150/8.2/5.1**
- Sherbet, orange **14/270/3.8/2.4**
- Sour cream (1 oz) **12/61/5.9/3.7**
- Yogurt, plain (4 oz) **14/70/3.7/2.4**

### PASTA (1 cup serving, cooked)

- ▲ Egg noodles **50/160/2.0/0.5**
- ▼ Spaghetti, elbow macaroni **0/155/1.0/0.1**

### GRAINS (1 cup serving)

- ▼ Cereal, crispy rice **0/110/0.2/0**
- ▼ Corn flakes **0/108/0.1/0**
- ▼ Corn grits, w/o added fat **0/71/0.5/1.0**
- \* ▼ Granola (1/3 cup) **0/186/6.9/3.3**
- ▼ Oatmeal, instant, cooked **0/145/2.4/0.4**
- ▼ Rice, brown **0/230/1.0/0.3**
- ▼ Rice, white **0/225/0.5/0.1**

### BREADS

- ▼ Bagel, 3 1/2 in. (1) **0/200/2.0/0.3**
- ▼ Bread, pita (1/2 large shell) **0/165/1.0/0.1**
- ▼ Bread, rye (1 slice) **0/65/1.0/0.2**
- ▼ Bread, white (1 slice) **0/65/1.0/0.3**
- ▼ Bread, whole wheat (1 slice) **0/70/1.0/0.4**
- ▼ Bun, hamburger/hot dog (1) **trace/115/2.0/0.5**
- ▼ Corn tortilla (1) **0/65/1.0/0.1**
- \* ■ Croissant, 4 1/2 in. x 4 in. (1) **13/235/12.0/3.5**
- \* ■ Doughnut, plain, 3 1/4 in. (1) **20/210/12.0/2.8**
- Muffin, bran, 2 1/2 in. (1) **24/125/6.0/1.4**
- Muffin, corn, 2 1/2 in. (1) **23/145/5.0/1.5**
- ▼ Muffin, English (1) **0/140/1.0/0.3**
- Pancake, 4 in. (1) **16/60/2.0/0.5**
- ▲ Waffle, 7 in. (1) **102/245/13.0/4.0**

### SAUCES (1 tbs.)

- ▼ Barbecue sauce (1/2 cup) **0/94/2.3/0.3**
- \* ▼ Blue cheese dressing **9/94/9.8/1.8**
- ▼ French dressing, low cal **1/22/0.9/0.1**
- ▲ Hollandaise sauce (1/2 cup) **94/353/34.1/20.9**
- ▼ Italian dressing, low cal **1/16/1.5/0.2**
- ▼ Russian dressing, low cal **1/23/0.7/0.1**
- ▼ Thousand island dressing, low cal **2/24/1.6/0.2**

### GRAVIES (1/2 cup serving)

- ▼ Au jus, canned **1/80/0.3/0.1**
- ▼ Beef gravy, canned **4/62/2.8/1.4**
- ▼ Turkey gravy, canned **3/61/2.5/0.7**

### OILS (1 tbs.)

- ▼ Corn oil **0/115-120/100%/1.7**
- ▼ Olive oil **0/115-120/100%/1.8**
- ▼ Peanut oil **0/115-120/100%/2.3**
- ▼ Safflower oil **0/115-120/100%/1.2**
- ▼ Sunflower oil **0/115-120/100%/1.4**

### FATS (1 tbs.)

- Butter **31/115-120/100%/7.1**
- ▼ Margarine, soft, tub **0/115-120/100%/1.8**
- ▼ Margarine, stick **0/115-120/100%/2.1**
- ▼ Mayonnaise **8/99/100%/1.6**

How to read the number on this chart  
The number that accompany each food entry represent the following information:

Cholesterol in mg 00/00/00/00 Total fat in grams  
Calories 00/00/00/00 Saturated fat in grams

\*Exception: Fats and Oils items where this has been changed to fatty acids.

**If you are on a low-fat diet**

Some foods with low or moderate amounts of cholesterol are high in total fat or saturated fat. Since the symbols (▲, ■ or ▼) only rate cholesterol levels, you must look at the numbers that accompany each food entry to determine whether you are meeting your target fat intake levels. The National Cholesterol Education Program recommends that your fat intake should make up less than 30% of your total calories. Since 1 gm of fat contains about 9 calories, your total fat intake should be no more than 67 grams if you are on a diet of 2000 calories per day. The total fat of food consists of saturated and unsaturated fats. Saturated fat is the dietary component most responsible for raising your blood cholesterol level; it is found primarily in animal products and many processed foods. The best way to lower blood cholesterol is to eat foods low in saturated fat and to substitute saturated fats with unsaturated fats whenever possible. Saturated fat intake should be less than 10% of total calories.

**Sources of information:**

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Kentucky Fried Chicken Nutrition Facts.  
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Pope-Cordle J, Katahn M. *The Low-Fat Fast Food Guide*. New York, NY: WW Norton & Co; 1993.  
Pope-Cordle J, Katahn M. *The T-Factor Fat Gram Counter*. New York, NY: WW Norton & Co; 1991.  
\*Information not available from source.  
Developed in consultation with Connie Shirtz, RD, MS, CDE.

**Note:** When following a low cholesterol diet, you should make every effort to limit fat and oil in your diet. Each of these foods is 100% fat (approx. 13 grams). Whenever you use fats or oils for cooking, use those low in saturated fatty acids.

**FAST FOODS**

- ▲ Arby's roast chicken club sandwich 46/503/27.0/6.9
- ▲ Arby's regular roast beef sandwich 43/383/18.2/7.0
- Arby's light roast turkey deluxe sandwich 33/260/6.0/1.6
- ▲ Kentucky Fried Chicken, drumstick & thigh, extra crispy 184/619/45.0/11.0
- ▲ Kentucky Fried Chicken, wing & side breast, original recipe 137/417/26.0/7.0
- ▲ Kentucky Fried Chicken Rotisserie Gold, white quarter w/skin & wing 157/335/18.7/5.4
- ▲ McDonald's Big Mac 100/500/26.0/9.0
- ▲ McDonald's cheeseburger 50/305/13.0/ 5.0
- ▲ McDonald's Egg McMuffin 235/280/11.0/4.0
- ▲ McDonald's McLean Deluxe 60/320/10.0/4.0
- Pizza Hut pan pizza, medium, cheese (1 slice) 25/279/13.0/5.0
- ▲ Pizza Hut personal pan pizza, supreme (whole) 53/647/35.0/12.0
- Wendy's chili con carne (8 oz) 40/190/6.0/2.0
- ▲ Wendy's grilled chicken sandwich 60/290/7.0/1.0
- ▼ Wendy's french fries (small) 0/240/12.0/2.0
- ▲ Wendy's hamburger, plain, single 70/350/15.0/6.0

**SNACKS**

- ▼ Apple pie (1/6 of 9-in. pie) 0/405/18.0/4.6
- Chocolate chip cookies (4 @ 2 1/4 in. diameter) 18/185/11.0/3.9
- Chocolate pudding (1/2 cup) 15/150/4.0/2.4
- ▼ Cola, regular (12 oz) 0/160/0/0
- ▲ Lemon meringue pie (1/6 of 9-in. pie) 143/355/14.0/4.3

- \* ▼ Milk chocolate, plain bar (1 oz) 6/145/9.0/5.4
- ▼ Popcorn, with oil and salt (1 cup) 0/55/3.0/0.75
- ▼ Potato chips (1 oz) 0/147/10.1/2.6
- ▼ Pretzel sticks, 2 1/4 in. (10) 0/10/trace/trace
- ▼ Whipped topping, pressurized (2 tbs.) 4/16/1.4/0.8

**VEGETABLES**

- ▼ Artichoke, boiled (1 med.) 0/60/0.2/0
- ▼ Asparagus, frozen, cooked (4 spears) 0/17/0.3/0.1
- \* ▼ Avocado, Florida, raw (1 med.) 0/340/27.0/5.3
- ▼ Beans, baked, with pork & tomato sauce (1/2 cup) 8/123/1.3/0.5
- ▼ Beets, pickled (1/2 cup) 0/75/0.1/0
- ▼ Broccoli, boiled (3/4 cup) 0/29/0.3/0
- ▼ Butter beans, canned (1/2 cup) 0/100/0.6/0
- ▼ Cabbage, green, cooked (1/2 cup) 0/16/0.2/0
- ▼ Carrot, raw (1) 0/32/0.2/0
- ▼ Cauliflower, raw (1 cup) 0/12/0.2/0
- ▼ Corn, on the cob (1 med.) 0/83/0.9/0.1
- ▼ Eggplant, cooked (1/2 cup) 0/13/0.1/0
- ▼ Lettuce, leaf (1 cup) 0/10/0.2/0
- ▼ Lima beans, frozen, cooked (2/3 cup) 0/105/0.3/0.1
- ▼ Mushrooms, raw (1/2 cup, pieces) 0/9/0.2/0
- ▼ Onions, raw (1/2 cup, pieces) 0/27/0.2/0
- ▼ Peas, green, cooked (1/2 cup) 0/67/0.2/0
- ▼ Potato, fries, shoestring, frozen (3 oz) 0/149/5.8/1.0
- ▼ Potato, mashed w/whole milk & margarine (1/2 cup) 2/111/4.4/1.1
- ▼ Potato, white, baked flesh & skin (1) 0/220/0.2/0.1
- ▼ Spinach, boiled (1/2 cup) 0/21/0.2/0.1
- ▼ Sweet potato, baked (1 med.) 0/118/0.1/0

- ▼ Tofu (4 oz) 0/86/5.4/0.8
- ▼ Tomato, red, raw (1 med.) 0/24/0.3/0

**FRUITS**

- ▼ Apple, raw, w/skin, 2 3/4 in. diameter (1) 0/81/0.5/0.1
- ▼ Applesauce, canned, unsweetened (1/2 cup) 0/61/0.1/0
- ▼ Apricots, raw (4 med.) 0/68/0.6/0
- ▼ Banana, 9-in. long (half) 0/53/0.3/0.1
- ▼ Blueberries, raw (1 cup) 0/82/0.6/0
- ▼ Cantaloupe, cubes (1 cup) 0/57/0.4/0
- ▼ Dates, dried (10) 0/228/0.4/0
- ▼ Fig, raw (1 med.) 0/37/0.2/0
- ▼ Grapefruit, pink & red (1/2 med.) 0/37/0.1/0
- ▼ Grapes, raw (15) 0/23/0.1/0
- ▼ Nectarine (1 med.) 0/67/0.6/0
- ▼ Orange, Navel (1 med.) 0/62/0.2/0
- ▼ Papaya (1 cup) 0/54/0.2/0.1
- ▼ Peach (1 med.) 0/37/0.1/0
- ▼ Pear (1 med.) 0/98/0.7/0
- ▼ Pineapple, raw (3/4 cup) 0/58/0.5/0
- ▼ Plum (1 med.) 0/36/0.4/0
- ▼ Raisins, golden, seedless (1/4 cup) 0/113/0.2/0.1
- ▼ Raspberries (1 cup) 0/61/0.7/0
- ▼ Strawberries, raw, whole (1 1/4 cup) 0/56/0.7/0

**NUTS & SEEDS (1 oz)**

- \* ▼ Almonds 0/167/15.0/1.4
- \* ▼ Cashew nuts 0/163/13.2/2.6
- \* ▼ Coconut meat, unsweetened 0/187/18.3/16.3
- \* ▼ English walnuts 0/182/17.6/1.6
- \* ▼ European chestnuts 0/105/1.1/0.2
- \* ▼ Macadamia nuts 0/199/20.9/3.1
- \* ▼ Peanuts 0/164/14.0/1.9
- \* ▼ Pecans 0/187/18.4/1.5
- \* ▼ Pistachio nuts 0/164/13.7/1.7

LESCOL® (fluvastatin sodium) is indicated as an adjunct to diet for the treatment of elevated total cholesterol and LDL cholesterol levels in patients with primary hypercholesterolemia (types IIa and IIb) when the response to dietary restriction of saturated fat and cholesterol and other nonpharmacological measures has not been adequate.

LESCOL® therapy is contraindicated during pregnancy and in nursing mothers; in the presence of active liver disease or unexplained, persistent transaminase elevations; and in patients with hypersensitivity to any component of this medication.

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