
(con't) CHOLESTEROL

The list below is an example of cholesterol in a variety of foods:

1 egg yolk contains about 210 mg of cholesterol.

3 ounces of chicken or ground beef contains about 75 mg of cholesterol.

2 ounces of cheddar cheese contains about 60 mg of cholesterol.

2-inch piece of chocolate cake contains about 27 mg of cholesterol.

1 tablespoon of butter contains about 31 mg of cholesterol.

Using Commodities to Meet This Standard

The commodities from the Food Distribution Program have had their fat content lowered. Schools receive lower-fat cheese and mayonnaise as well as 85/15 ground beef. Schools should use oatmeal and high fiber foods to balance the cholesterol in the foods served to children.



Menu Tips

- Switch from 2% milk (20mg CHOL) to 1% milk (12mg CHOL) and non-fat milk (5mg CHOL) to reduce the amount of cholesterol in meals.
- Use low-fat cheeses or no cheese in sandwiches.
- Have more fruit for dessert.
- Check the Nutrition Facts label to see how much saturated fat and cholesterol are in a serving of prepared food. Choose foods lower in saturated fat and cholesterol.
- Serve high fiber foods. Fiber can help remove cholesterol from the body.
- Choose dry peas, beans and lentils often because they are low in cholesterol and high in fiber.

Recipe Ideas

- Go easy on egg yolks in cooking breads, cakes, cookies, etc.
- Substitute two egg whites for one egg in baked goods or use egg substitute.
- Use beans or applesauce in a recipe as a fat replacement for baking.
- Vegetable oil is a healthy alternative to using shortening when baking items (in moderation, of course).