

Food Sources of Cholesterol

Information about Dietary Cholesterol

- Dietary cholesterol is a fat-like substance. Cholesterol is found in animal foods. Animal foods include meats, poultry, fish, eggs, and milk products.
- Cholesterol is a part of your body cells. It helps your body to make certain hormones that you need.
- Eating too much cholesterol can increase the cholesterol in your blood. Too much cholesterol in your blood can increase your risk for heart disease. Eating high amounts of saturated fats and trans fats may also have this effect.

How Much Dietary Cholesterol Should I Aim For?

Cholesterol is not an essential nutrient. Your body can make what it needs. Therefore there is no recommended intake for this type of fat. You should consume as little dietary cholesterol as possible while still enjoying a nutritious diet. To help you make healthy choices the following guidelines are suggested:

- If you do not have heart disease, eat less than 300 milligrams (mg) of dietary cholesterol per day.
- If you have heart disease or are at risk for heart disease aim for less than 200 mg of dietary cholesterol per day.

Dietary Cholesterol Content of Some Common Foods

Most people do not need to count milligrams of cholesterol each day. If you are concerned about your cholesterol levels you should limit foods that are very high in cholesterol, as well as, saturated and trans fats. High cholesterol foods include; egg yolk, organ meat, shrimp, squid and some others. The following chart will help you to choose foods lower in dietary cholesterol.

<i>Food</i>	<i>Serving size</i>	<i>Cholesterol (mg)</i>
<i>Vegetables and Fruit</i>	Cholesterol free	
<i>Grain Products</i>	Most grains products are cholesterol free	
<i>Milk and Alternatives</i>	Lower fat choices contain less cholesterol and saturated fat than higher fat choices	
<i>Milk</i>		
Goat's milk	250 mL (1 cup)	28
3.3% homo, 2%	250 mL (1 cup)	21-26
<i>Miscellaneous</i>		
Eggnog	250 mL (1 cup)	158
Ice cream, soft serve	125 mL (½ cup)	83
Cheese, hard and soft, all varieties	50 g (1½ oz)	34-66
Sour cream (regular, light)	125 mL (½ cup)	46-51
Ice cream (rich, regular, light)	125 mL (½ cup)	21-47
Milkshake	250 mL (1 cup)	27-30
Whipping cream	15 mL (1 Tbsp)	19
<i>Meat and Alternatives</i>	In general, fish, chicken and lean cuts of meat have less cholesterol and saturated fat.	

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<i>Meat</i>		
Veal or lamb, various cuts, cooked	75 g (2 ½ oz)	64-118
Pork, various cuts, cooked	75 g (2 ½ oz)	50-85
Venison, various cuts, cooked	75 g (2 ½ oz)	64-84
Beef, various cuts, cooked	75 g (2 ½ oz)	46-74
Ground (lamb, beef, pork), cooked	75 g (2 ½ oz)	55-73
<i>Poultry</i>		
Ground (turkey, chicken), cooked	75 g (2 ½ oz)	58-76
Chicken or turkey, various types, cooked	75 g (2 ½ oz)	52-71
<i>Organ Meat</i>		
Kidney (beef, veal, lamb, pork), cooked	75 g (2 ½ oz)	360-593
Liver (chicken, veal, lamb), cooked	75 g (2 ½ oz)	370-423
Liver (beef, pork), cooked	75 g (2 ½ oz)	266-286
Liver, pate	75 g (2 ½ oz)	191
<i>Meat Products</i>		
Sausage (pork, beef, chorizo, Polish, Kielbassa, Vienna, Italian), cooked	75 g (2 ½ oz)	52-66
Deli meat (bologna, ham,	3 slices (75 g)	46-68

turkey, salami)		
Weiner (pork, beef), cooked	1	28
<i>Fish and Seafood</i>		
Caviar (black, red) or roe	75 g (2 ½ oz)	337-441
Squid, cooked	75 g (2 ½ oz)	195
Shrimp, cooked	75 g (2 ½ oz)	148
Sardines, canned in oil	75 g (2 ½ oz)	106
Perch, cooked	75 g (2 ½ oz)	86
Fish sticks	3 sticks (75 g)	84
Pickrel/walleye, cooked	75 g (2 ½ oz)	72-83
Oysters, cooked	75 g (2 ½ oz)	75-79
Bass, cooked	75 g (2 ½ oz)	65-77
Herring, cooked or kippered	75 g (2 ½ oz)	58-74
Octopus, cooked	75 g (2 ½ oz)	72
Mackerel, salted	75 g (2 ½ oz)	71
Salmon, cooked	75 g (2 ½ oz)	64-71
Anchovies, canned	75 g (2 ½ oz)	64
Salmon, pink, canned	75 g (2 ½ oz)	62
Lobster, cooked	75 g (2 ½ oz)	54
Crab, cooked	75 g (2 ½ oz)	53
Sole, cooked	75 g (2 ½ oz)	51
Trout, cooked	75 g (2 ½ oz)	51

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Clams, cooked	75 g (2 ½ oz)	50
<i>Egg Products</i>		
Egg, yolk, cooked	2 large	428-437
<i>Fats and Oils</i>		
Fish oil supplement	5 mL (1 tsp)	26-35

Source: "Canadian Nutrient File" www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php [Accessed December 12 2009].



Notes

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