



Fat and Cholesterol

You need some fat and cholesterol in your diet to stay healthy, but most people get more than they need. Fat gives you energy, keeps you warm and helps you use some of the vitamins in your food. Cholesterol is important, too. It helps to build the cells and the hormones in your body. But, having too much fat and cholesterol in your diet can cause problems like heart disease and stroke.



One way to keep your heart healthy is to avoid foods that have a lot of saturated fat and cholesterol. These are foods like:

- Red meat
- Butter
- Sour cream
- Fried foods
- Shortening

Instead, you might want to try foods with less saturated fat and cholesterol, like:

- Lean meat
- Olive oil
- Low-fat dairy products
- Baked or broiled foods
- Vegetable oil

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