



## Lab A11-1 MEDFICTS: Evaluating Your Diet for Cholesterol Control

This assessment looks at eight different categories of foods; each food category is divided into two groups. Group 1 foods are high in fat, saturated fat, and/or cholesterol; Group 2 foods are lower in fat. Think about the foods you eat each week. Look at each food category—are the foods you eat listed under Group 1 or Group 2? Once you know the group, follow the line over to the circles under “Weekly Consumption.” Check the circle that best describes the number of servings of those foods you usually eat in one week. Then check the circle for the portion size you usually eat. Do the same thing for each of the food groups.

FOOD CATEGORY	WEEKLY CONSUMPTION	SERVING SIZE	SCORE																					
<b>MEATS</b>																								
<ul style="list-style-type: none"> <li>Recommended amount per day: <math>\leq 6</math> oz (equal in size to 2 decks of playing cards).</li> <li>Base your estimate on the foods you consume most often.</li> <li>Beef and lamb selections are trimmed to 1/8 inch fat.</li> </ul>																								
<p><b>GROUP 1:</b> 10 g or more total fat in 3 oz cooked portion</p>																								
<b>Beef</b> Ground beef Ribs Steak (T-bone, flank, porterhouse, tenderloin) Chuck blade Brisket Meatloaf (w/ ground beef) Corned beef	<b>Processed Meats</b> 1/4 lb burger or large sandwich Bacon Lunch meat Sausage/knock-wurst Hot dogs Ham (bone-end) Ground turkey	<b>Other Meat, Poultry, Seafood</b> Pork chops (center loin) Pork roast (blade Boston sirloin) Pork spareribs Ground pork Lamb chops or ribs Organ meats <sup>c</sup> Chicken w/ skin Eel, mackerel, pompano	<table border="0"> <tr> <td>Rarely/never</td> <td>3 or less</td> <td>4 or more</td> <td>Small</td> <td>Average</td> <td>Large</td> <td></td> </tr> <tr> <td><input type="radio"/></td> <td><input type="radio"/></td> <td><input type="radio"/></td> <td><input checked="" type="radio"/></td> <td><input type="radio"/></td> <td><input type="radio"/></td> <td>=</td> </tr> <tr> <td></td> <td>3 pts</td> <td>7 pts</td> <td>1 pt</td> <td>2 pts</td> <td>3 pts</td> <td></td> </tr> </table>	Rarely/never	3 or less	4 or more	Small	Average	Large		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	=		3 pts	7 pts	1 pt	2 pts	3 pts	
Rarely/never	3 or less	4 or more	Small	Average	Large																			
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	3 pts	7 pts	1 pt	2 pts	3 pts																			
<p><b>GROUP 2:</b> Less than 10 g total fat in 3 oz cooked portion</p>																								
<b>Lean Beef</b> Round steak (eye of round, top round) Sirloin <sup>d</sup> Tip & bottom round <sup>d</sup> Chuck arm pot roast <sup>d</sup> Top loin <sup>d</sup>	<b>Low-fat Processed Meats</b> Low-fat lunch meat Canadian bacon “Lean” fast-food sandwich Boneless ham	<b>Other Meat, Poultry, Seafood</b> Chicken, turkey (w/o skin) <sup>b</sup> Most seafood <sup>c</sup> Lamb (leg-shank) Pork tenderloin Pork sirloin, top loin Veal cutlets, sirloin, shoulder Ground veal, venison Veal chops and ribs <sup>d</sup> Lamb (whole leg, loin, foreshank, sirloin) <sup>d</sup>	<table border="0"> <tr> <td><input type="radio"/></td> <td><input type="radio"/></td> <td><input type="radio"/></td> <td><input type="radio"/></td> <td><input type="radio"/></td> <td><input type="radio"/></td> <td>=</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td>6 pts<sup>a</sup></td> <td></td> </tr> </table>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	=						6 pts <sup>a</sup>								
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					6 pts <sup>a</sup>																			

<sup>a</sup> Score 6 points if this circle is checked.

<sup>b</sup> All parts not listed in Group 1 have < 10 grams total fat.

<sup>c</sup> Organ meats, shrimp, abalone, and squid are low in fat but high in cholesterol

<sup>d</sup> Only lean cuts with all visible fat trimmed. If not trimmed of all visible fat, score as if in Group 1.

(over)

**LAB A11-1** (continued)

FOOD CATEGORY	WEEKLY CONSUMPTION			SERVING SIZE	SCORE		
<b>EGGS</b>							
<ul style="list-style-type: none"> <li>Weekly consumption is the number of times you eat eggs each week.</li> <li>For serving size, check the number of eggs eaten each time.</li> </ul>							
<b>GROUP 1</b> _____ Whole eggs, egg yolks	<input type="radio"/> Rarely/ never	<input type="radio"/> 3 or less 3 pts	<input checked="" type="radio"/> 4 or more 7 pts	<input type="radio"/> Small ≤1 1 pt	<input type="radio"/> Average 2 2 pts	<input type="radio"/> Large ≥3 3 pts	= _____
<b>GROUP 2</b> _____ Egg whites, egg substitutes (1/2 cup = 2 eggs)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
<b>DAIRY</b>							
<b>MILK:</b> Average serving: 1 cup							
<b>GROUP 1</b> _____ Whole milk, 2% milk, 2% buttermilk, yogurt (whole milk)	<input type="radio"/>	<input type="radio"/> 3 pts	<input checked="" type="radio"/> 7 pts	<input type="radio"/> 1 pt	<input type="radio"/> 2 pts	<input type="radio"/> 3 pts	= _____
<b>GROUP 2</b> _____ Skim milk, 1% milk, skim milk buttermilk, yogurt (nonfat or low-fat)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
<b>CHEESE:</b> Average serving: 1 oz.							
<b>GROUP 1</b> _____ Cream cheese, cheddar, Monterey jack, colby, Swiss, American processed, blue cheese, regular cottage cheese (1/2 cup) and ricotta (1/4 cup)	<input type="radio"/>	<input type="radio"/> 3 pts	<input checked="" type="radio"/> 7 pts	<input type="radio"/> 1 pt	<input type="radio"/> 2 pts	<input type="radio"/> 3 pts	= _____
<b>GROUP 2</b> _____ Low-fat and fat-free cheeses, skim milk mozzarella, string cheese; low-fat, skim, and fat-free cottage cheese (1/2 cup) and ricotta (1/4 cup)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
<b>FROZEN DESSERTS:</b> Average serving: 1/2 cup							
<b>GROUP 1</b> _____ Regular ice cream, frozen yogurt, milkshakes	<input type="radio"/>	<input type="radio"/> 3 pts	<input checked="" type="radio"/> 7 pts	<input type="radio"/> 1 pt	<input type="radio"/> 2 pts	<input type="radio"/> 3 pts	= _____
<b>GROUP 2</b> _____ Ice milk, sherbet, sorbet, low-fat and nonfat ice cream and frozen yogurt	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
<b>FRYING FOODS</b>							
<ul style="list-style-type: none"> <li>Average serving: see below.</li> <li>This section refers to method of preparation for vegetables and meat.</li> </ul>							
<b>GROUP 1</b> _____ French fries, fried vegetables (1/2 cup) Fried chicken, fish, and meat (3 oz)	<input type="radio"/>	<input type="radio"/> 3 pts	<input checked="" type="radio"/> 7 pts	<input type="radio"/> 1 pt	<input type="radio"/> 2 pts	<input type="radio"/> 3 pts	= _____
<b>GROUP 2</b> _____ Vegetables, not deep fried (1/2 cup) Meat, poultry, or fish prepared by baking, broiling, grilling, poaching, roasting, stewing (3 oz)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
<b>BAKED GOODS</b>							
Average serving: 1 serving							
<b>GROUP 1</b> _____ Doughnuts, biscuits, butter rolls, muffins, croissants, sweet rolls, Danish, cakes, pies, coffee cakes, cookies	<input type="radio"/>	<input type="radio"/> 3 pts	<input checked="" type="radio"/> 7 pts	<input type="radio"/> 1 pt	<input type="radio"/> 2 pts	<input type="radio"/> 3 pts	= _____
<b>GROUP 2</b> _____ Fruit bars, low-fat cookies/cakes/pastries, angel food cake, homemade baked goods with vegetable oils, breads, bagels	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

(over)

**LAB A11-1** (continued)

FOOD CATEGORY	WEEKLY CONSUMPTION		SERVING SIZE			SCORE	
	Rarely/ never	3 or less	4 or more	Small	Average		Large
<b>CONVENIENCE FOODS</b>							
• Average serving: see below							
<b>GROUP 1</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	= _____
Canned, packaged, or frozen dinners; e.g., pizza (1 slice), macaroni and cheese (about 1 cup), pot pie (1), cream soups (1 cup); potato, rice, and pasta dishes with cream/cheese sauces (1/2 cup)		3 pts	7 pts	1 pt	2 pts	3 pts	
<b>GROUP 2</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Diet/reduced-calorie or reduced-fat dinners (1 dinner); potato, rice, and pasta dishes without cream/cheese sauces (1/2 cup)							
<b>TABLE FATS</b>							
• Average serving: 1 tablespoon							
<b>GROUP 1</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	= _____
Butter or stick margarine; regular salad dressing, mayonnaise, sour cream (2 tbsp)		3 pts	7 pts	1 pt	2 pts	3 pts	
<b>GROUP 2</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Diet and tub margarine; low-fat and fat-free salad dressings; low-fat and fat-free mayonnaise							
<b>SNACKS</b>							
<b>GROUP 1</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	= _____
Chips (potato, corn, taco), cheese puffs, snack mix, nuts (1 oz)		3 pts	7 pts	1 pt	2 pts	3 pts	
Regular crackers (1-1/2 oz)							
Candy (milk chocolate, caramel, coconut) (about 1-1/2 oz)							
Regular popcorn (3 cups)							
<b>GROUP 2</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Pretzels, fat-free chips (1 oz)							
Low-fat crackers (1/2 oz)							
Fruit, fruit rolls, licorice, hard candy (1 medium piece)							
Bread sticks (1-2), air-popped or low-fat popcorn (3 cups)							

**Total Score** \_\_\_\_\_

**Scoring**

For each group, multiply your weekly consumption points (3 or 7) by your serving-size points (1, 2, or 3). For example, if you eat an average serving size of fried foods 4 or more times per week, your score for fried foods would be  $7 \times 2$ , or 14. Note that not all responses carry a point value; with the exception for a large serving for Group 2 meats, no points are scored for Group 2 foods. Your final score is the total of all points for all food categories.

Score	Recommendation
70 or above	Need to make some dietary changes
40-69	Step I diet
Below 40	Step II diet

(over)

## **LAB A11-1** (continued)

### **Heart-Healthy Eating: The Step I and Step II Diets**

All Americans should follow the general rules to lower blood cholesterol:

- Choose foods low in total fat, saturated fat, trans fat, and cholesterol.
- Choose foods high in starch and fiber.
- Be more physically active.
- Lose weight, if you are overweight.

In fact, this is a way that the whole family can eat (except infants under 2 years, who need more calories from fat), because these guidelines are similar to those recommended for the general population. And if the whole family eats in this way, it will help you make your blood cholesterol-lowering diet your everyday way of eating.

If you have high blood cholesterol, you will have to pay attention to what you eat by following either the Step I diet or the Step II diet, as advised by your physician.

#### **On the Step I diet, you should eat**

- 8–10% of the day's total calories from saturated fat.
- 30% or less of the day's total calories from fat.
- less than 300 milligrams of dietary cholesterol a day.
- just enough calories to achieve and maintain a healthy weight. (You may want to ask your physician or registered dietitian what is a reasonable calorie level for you.)

If you do not lower your blood cholesterol enough on the Step I diet or if you are at high risk for heart disease, your physician may ask you to follow the Step II diet. If you already have heart disease, you should start on the Step II diet right away. The Step II diet helps you cut down on saturated fat and cholesterol even more than the Step I diet. This helps lower your blood cholesterol even more.

#### **On the Step II diet, you should eat**

- less than 7% of the day's total calories from saturated fat.
- 30% or less of the day's total calories from fat.
- less than 200 milligrams of dietary cholesterol a day.
- just enough calories to achieve and maintain a healthy weight. (You may want to ask your physician or registered dietitian what is a reasonable calorie level for you.)

To get the full benefits of the Step II diet, you should have help from a registered dietitian or other qualified nutritionist.