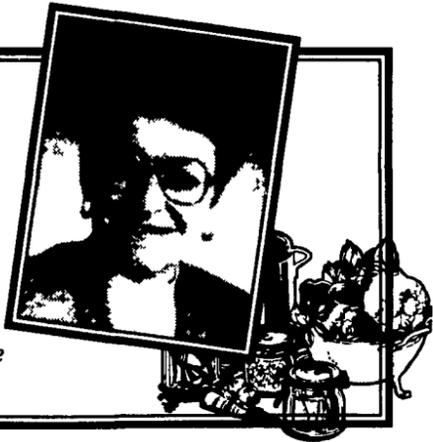


# Consuming Thoughts

by  
**Fay Strickler**

*Penn State Extension Home Economist For Berks Co.*



If you have been diagnosed with high cholesterol levels, you may think that most of your favorite foods are off limits. However, this is not the case. You can still eat many of the same foods but perhaps prepared differently on reducing the amount of these foods that you eat. Here are a few guidelines, which will help you plan low cholesterol meals. Because a high blood cholesterol level can develop at an early age, many doctors recommend low cholesterol meal planning for all family members, including children. It's a good idea to discuss

these guidelines with your family doctor.

**Meats and fish** — Select fish, chicken, turkey and veal more often than beef, lamb and pork because the former are lower in saturated fat. Shellfish contain significant amounts of cholesterol, and should be used sparingly. Choose lean cuts of meat and lean ground beef. Trim all visible fat from meat before cooking. Roasting, baking, broiling and braising are recommended cooking methods. When frying and sauteing, use a highly polyunsaturated vegetable oil.

Limit your intake of luncheon meats, hot dogs and sausages because these usually contain considerable amounts of saturated fats. Also, reduce your consumption of organ meats, like liver, because these foods are very high in cholesterol.

**Oil, margarine, and butter** — Vegetables are excellent sources of polyunsaturated fats. Choose a vegetable oil, with a high level of polyunsaturated and a low level of saturates, instead of other cooking fats. Use a highly polyunsaturated margarine instead of butter. In most recipes, ¼ tablespoon of a highly polyunsaturated cooking oil, or one tablespoon of a highly polyunsaturated margarine, can be substituted for one tablespoon of melted butter.

**Dairy products** — Select fat free or low fat dairy products — skim milk and skim milk cheese in place of whole milk products, for example. Cut down on your use of cream and sour cream. Buy uncreamed or low-fat cottage cheese.

**Egg yolks** are the highest single source of cholesterol in the average American diet. Egg whites, however, are a good source of protein, contain no cholesterol, and can be used frequently.

**Desserts** — Select desserts low in fat, such as gelatin desserts, sherbets, ice milk, angel food cake and fruit. Most fruits contain little fat and no cholesterol, and are recom-

mended for low cholesterol meal planning.

Reduce your consumption of ice cream, and "rich" baked goods, which normally contain dried egg yolks and significant amounts of saturated fats.

**Breads and cereal based foods** — Bread and cereal-based foods are generally low in saturated fat and cholesterol. Prepared cereals, rice, macaroni, spaghetti and flour are good examples. Egg noodles should be used infre-

quently, as they contain cholesterol.

**Soups and gravies** Bouillon-type soups are best, as others contain meat fat. When preparing soup made with meat, chill it and remove the fat, which will rise to the top before reheating and serving.

Make thickened gravy without meat fat by blending a cup of clear, defatted broth with the thickening agent.

## Pets In Child Care

DAUPHIN (Dauphin Co.) — "Pets In Child Care" is the title of the workshop being presented by Penn State Cooperative Extension. Child care providers and interested parents can participate in the workshop at 7 p.m. to 9 p.m. on Thursday, March 22, at PSU Capital Campus, Olmstead Building, in Middletown on Thursday, March 1, 7 p.m. to 9 p.m. at the Ag and Natural Resources Center, Dauphin.

Jane A. Mecum, Penn State Cooperative Extension Family Living Agent in Dauphin County, says, "Young children learn a great deal from observing and helping care for a pet. But choosing the right pet to have in a family child care home or center is very important. A veterinarian will suggest what pets are best in

a child care program and how to avoid some of the common problems involving pets."

According to Jane Mecum, child care providers will go inside two child care programs and visit with two veteran providers who have pets in their program. The program will also include instructions on how to set up and maintain an aquarium.

Child care providers can receive two DPW training credits for participating in the workshop. Continuing Education Credits (CEUs) are also available.

For more information on the program, support materials and other services from "Better Kid Care," call Jane A. Mecum at (717) 921-8803. Visit the Better Kid Care Website at [www.betterkidcare.psu.edu](http://www.betterkidcare.psu.edu).

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