

THE
**CHOLESTEROL
COUNTER**

Seventh Edition
20th Anniversary Edition



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POCKET BOOKS

New York London Toronto Sydney

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UNDERSTANDING YOUR NUMBERS



Everyone over the age of 20 should get their cholesterol levels measured at least once every 5 years.

The numbers on your blood test are important to predict your future heart health. If they fall within the normal range, your doctor will recommend another screening in a year or more. If your numbers are up, your doctor will recommend lifestyle changes or even medication. What do those numbers really mean?

Total Cholesterol

Desirable: less than 200 mg/dl

Borderline high: 200 to 239 mg/dl

High: 240 mg/dl or higher

Total cholesterol is just that—the amount of cholesterol in a given volume of blood. It is measured as the number of milligrams (mg) of cholesterol in 1 deciliter (dl) of blood, which is slightly less than a half cup. For example, 222 mg/dl = 222 milligrams of cholesterol per deciliter of blood. To make things simpler, your doctor may give you just the number, 222, rather than the

4 UNDERSTANDING YOUR NUMBERS

more complete measurement. To reduce your risk for heart disease, you want your level to be below 200.

YOU SHOULD KNOW—

Cholesterol levels change with the season and are highest in the winter.

High cholesterol does not cause any symptoms, so the only way you know if your cholesterol levels are too high is through a blood test. High cholesterol quietly does damage to your body, building up on the wall of your arteries. Over time, this buildup can cause the arteries to harden, a process called *atherosclerosis*. Your blood carries oxygen to the heart; if arteries get narrowed, blood flow to the heart muscle is slowed down and may even be blocked. If not enough blood and oxygen can reach your heart, you may have chest pains. A blocked artery to the heart can cause a heart attack. A blocked artery to the brain can cause a stroke.

Blood is mainly made up of water. To travel through blood, cholesterol, a fatlike substance, is coated with a protein. The combination of fat and protein is called a *lipoprotein*. If your total cholesterol values are high, your doctor will want to know the amount of LDL (low-density lipoprotein) cholesterol and HDL (high-density lipoprotein) cholesterol, as well.

You doctor will order a lipid profile, which will measure the amounts of total cholesterol, LDL cholesterol, HDL cholesterol, and triglycerides. It's important to get a full lipid profile because a simple total cholesterol number can be misleading.

YOU SHOULD KNOW—

It's wise to fast for at least 8 hours before getting your blood drawn for a lipid profile. Eating a high-fat meal within 4 hours of a blood test can affect the results by raising blood fats.

LDL Cholesterol

The lower the number, the better.

Normal: less than 100 mg/dl

Near or slightly above optimal: 100 to 129 mg/dl

Borderline high: 130 to 159 mg/dl

High: 160 to 189 mg/dl

Very high: 190 mg/dl and above

LDL is the major carrier of cholesterol in your bloodstream. Low-density lipoprotein (LDL) compounds contain very little protein but a lot of cholesterol. If too much LDL cholesterol circulates in the blood, it can stick to the walls of the arteries leading to the heart and brain. This eventually forms plaque—thick, hard deposits that clog arteries. That's why LDL cholesterol is often referred to as "bad" cholesterol. The lower your levels of LDL, the lower your risk of heart disease.

HDL Cholesterol

The higher the number, the better.

High: 60 mg/dl or higher

Average for women: 50 to 60 mg/dl

Average for men: 40 to 50 mg/dl

Low: less than 40 mg/dl.

Can cholesterol ever be too low?

Very low cholesterol, below 100, may be a sign of malnutrition, an overactive thyroid, liver damage, or some types of cancer. When total cholesterol values fall below 180, there is an increased risk for hemorrhagic stroke, which is when a blood vessel bursts instead of becoming clogged with plaque. Ischemic stroke, the type in which clogged arteries block blood flow, accounts for 80% of all strokes. Cholesterol values between 180 and 200 may be best to avoid both types of strokes.

FOOD	PORTION	CALS	CHOL	FIBER
FROZEN				
Banquet				
Sandwich Toppers Creamed Chipped Beef	1 pkg (4 oz)	120	25	0
Sandwich Toppers Gravy & Salisbury Steak	1 pkg (5 oz)	210	25	2
Sandwich Toppers Gravy & Sliced Beef	1 pkg (4 oz)	70	25	0
Ian's				
Italian Meatballs	3 (2.2 oz)	145	70	1
MDX				
Hamburger Helper				
BBQ Beef as prep	1 cup	320	55	1
Beef Pasta as prep	1 cup	270	50	1
Beef Romanoff as prep	1 cup	280	50	0
Beef Stew as prep	1 cup	260	50	2
Beef Taco as prep	1 cup	280	50	2
Beef Teriyaki as prep	1 cup	290	50	2
Cheddar & Broccoli as prep	1 cup	350	60	0
Cheddar Melt as prep	1 cup	310	55	1
Cheddar'n Bacon as prep	1 cup	330	65	2
Cheeseburger Macaroni as prep	1 cup	360	65	1
Cheesy Hashbrowns as prep	1 cup	400	60	2
Cheesy Italian as prep	1 cup	320	60	1
Cheesy Shells as prep	1 cup	330	60	tr
Chili Macaroni as prep	1 cup	290	55	2
Fettuccine Alfredo as prep	1 cup	300	55	0
Four Cheese Lasagne as prep	1 cup	330	55	0
Italian Parmesan w/ Rigatoni as prep	1 cup	300	50	tr
Lasagne as prep	1 cup	270	50	2
Meat Loaf as prep	1/6 loaf	270	110	0
Mushroom & Wild Rice as prep	1 cup	310	55	2
Nacho Cheese as prep	1 cup	320	55	tr
Pizza Pasta w/ Cheese Topping as prep	1 cup	280	50	2
Pizzabake as prep	1/4 pie	270	45	tr
Potatoes Au Gratin as prep	1 cup	280	55	2

72 BEEF DISHES

FOOD	PORTION	CALS	CHOL	FIBER
Potatoes Stroganoff as prep	1 cup	250	50	2
Reduced Sodium Cheddar Spirals as prep	1 cup	300	55	0
Reduced Sodium Italian Herb as prep	1 cup	270	50	2
Reduced Sodium Southwestern Beef as prep	1 cup	300	50	2
Rice Oriental as prep	1 cup	280	50	0
Salisbury as prep	1 cup	270	50	1
Spaghetti as prep	1 cup	270	50	1
Stroganoff as prep	1 cup	320	55	0
Swedish Meatballs as prep	1 cup	290	55	2
Three Cheeses as prep	1 cup	340	55	tr
Zesty Italian as prep	1 cup	300	50	2
Zesty Mexican as prep	1 cup	280	50	2
REFRIGERATED				
Chi Chi's				
For Tacos! Ground Beef	¼ cup	90	15	0
Hormel				
Beef Roast Au Jus	1 serv (5 oz)	200	75	-
Beef Tips w/ Gravy	½ cup	170	60	1
Huxtable's				
Shepherds Pie Beef	1 pkg (10 oz)	270	35	3
Morton's Of Omaha				
Beef Pot Roast w/ Gravy	1 serv (3 oz)	160	55	0
Smithfield				
Beef Tips w/ Gravy	½ cup	170	50	tr
Tyson				
Roast Beef In Brown Gravy	1 serv + gravy (3.5 oz)	160	55	0
SHELF-STABLE				
TastyBite				
Beef Roganjosh	1 pkg (9.5 oz)	270	25	3
TAKE-OUT				
beef bourguignonne	1 cup	339	85	1
beef curry	1 cup	432	68	3
beef satay + peanut sauce	2 skewers	253	62	1
bool kogi korean marinated beef ribs	4 oz	190	55	0
bracciola	1 roll (4.7 oz)	276	76	1

764 TACOTIME

FOOD	PORTION	CALS	CHOL	FIBER
TACOTIME				
DESSERTS				
Cinnamon Custos	1 serv	373	0	-
Fruit Filled Empanada	1 serv	250	0	-
MAIN MENU SELECTIONS				
Burrito Beef Bean & Cheese	1 serv	617	63	18
Burrito Casita	1 serv	647	89	16
Burrito Chicken & Black Bean	1 serv	400	36	5
Burrito Chicken BLT	1 serv	580	50	5
Burrito Crisp Bean	1 serv	427	12	9
Burrito Crisp Chicken	1	422	54	2
Burrito Crisp Meat	1 serv	552	58	7
Burrito Soft Bean	1	380	15	13
Burrito Soft Meat	1 serv	491	56	12
Burrito Veggie	1 serv	491	24	10
Burrito Big Juan Beef	1 serv	640	60	15
Burrito Big Juan Chicken	1 serv	620	65	12
Cheddar Melt	1 serv	265	30	1
Mexi-Rice	1 serv	159	0	1
Nachos	1 serv	680	78	11
Nachos Deluxe	1 serv	1048	109	17
Refritos Cheese Sauce Chips	1 serv	326	22	13
Stuffed Fries	1 sm	490	20	3
Stuffed Fries	1 lg	990	35	6
Taco Cheeseburger	1	633	66	7
Taco Crisp	1	295	48	5
Taco Soft	1 serv	316	48	5
Taco Soft ½ lb	1 serv	512	63	12
Taco Soft ½ lb Chicken	1 serv	387	48	7
Taco Super Soft	1 serv	510	60	11
SALAD DRESSINGS AND TOPPINGS				
1000 Island Dressing	1 serv (1 oz)	120	5	0
Green Sauce	1 serv (1 oz)	5	0	tr
Original Hot Sauce	1 serv (1 oz)	10	0	0
Salsa Fresca	1 serv (1 oz)	65	0	0
SALADS				
Chicken Fiesta	1 serv	390	45	4
Taco	1 reg	479	63	7
Taco Salad Chicken	1 serv	370	48	3
Tostada	1 serv	628	82	13

FOOD	PORTION	CALS	CHOL	FIBER
TASTI D-LITE				
Vanilla	1 sm (4 oz)	40	7	3
TCBY				
FROZEN YOGURT AND SORBET				
Hand Scooped Butter Butter Pecan Perfection	½ cup	110	10	tr
Hand Scooped Chocolate Chocolate Swirl	½ cup	120	15	tr
Hand Scooped Chocolate Chunk Cookie Dough	½ cup	160	15	0
Hand Scooped Cookies & Cream	½ cup	140	10	0
Hand Scooped Cotton Candy	½ cup	120	15	0
Hand Scooped Mint Chocolate Chunk	½ cup	140	10	0
Hand Scooped Mocha Almond	½ cup	150	10	tr
Hand Scooped No Sugar Added Chocolate Chocolate Swirl	½ cup	90	0	6
Hand Scooped No Sugar Added Vanilla	½ cup	80	0	5
Hand Scooped No Sugar Added Vanilla Fudge Brownie	½ cup	100	10	5
Hand Scooped Pralines & Cream	½ cup	140	10	0
Hand Scooped Psychedelic Sorbet	½ cup	290	0	0
Hand Scooped Rainbow Cream	½ cup	120	15	0
Hand Scooped Rocky Road	½ cup	220	5	1
Hand Scooped Strawberries & Cream	½ cup	120	10	0
Hand Scooped Vanilla Chocolate Chunk	½ cup	140	10	0
Hand Scooped Vanilla Bean	½ cup	120	15	0
Soft Serve Frozen Yogurt All Flavors 96% Fat Free	½ cup	140	15	0