

Cholesterol Content of Foods

What is Cholesterol?

Our bodies produce cholesterol, a waxy substance needed to form cell membranes and hormones. We also get cholesterol from the foods we eat. Cholesterol is found in all animal products. Fruits, vegetables, grains and all other plant foods do not have any cholesterol. Too much cholesterol can contribute to atherosclerosis, or clogging of the arteries.

Daily Recommended Limits

200 mg per day if you have diabetes

Dairy Products				
Food	Portion	Cholesterol (mg)	Total Fat (g)	Saturated Fat (g)
Milk (nonfat)	1 cup	4	0	0
Milk (lowfat)	1 cup	10	3	2
Milk (whole)	1 cup	33	8	5
Yogurt (nonfat)	1 cup	10	0	0
Yogurt (whole)	1 cup	29	7	5
Cheddar Cheese	1 oz	30	9	6
Cottage Cheese (lowfat)	1 cup	10	2	2

Fats				
Food	Portion	Cholesterol (mg)	Total Fat (g)	Saturated Fat (g)
Butter	1 tsp	11	4	3
Margarine	1 tsp	0	4	1
Vegetable Oils	1 tsp	0	5	1-2

- Please see reverse side for more foods -

Meats and Protein Foods				
Food	Portion	Cholesterol (mg)	Total Fat (g)	Saturated Fat (g)
Tofu	½ cup	0	11	2
Pinto beans	½ cup	0	1	0
Egg	1 each	212	5	2
Halibut	3 ½ oz	41	3	-
Salmon	3 ½ oz	63	12	2
Oysters	3 ½ oz	55	2	1
Crab	3 ½ oz	52	1	-
Lobster	3 ½ oz	71	1	-
Tuna (in water)	3 ½ oz	30	1	-
Shrimp	3 ½ oz	194	1	-
Squid	3 ½ oz	231	1	-
Beef (ground, lean)	3 ½ oz	78	18	7
Beef (shortribs)	3 ½ oz	94	42	18
Beef (sirloin)	3 ½ oz	89	12	5
Beef Liver	3 ½ oz	389	5	2
Veal (top round)	3 ½ oz	135	5	2
Lamb (foreshank)	3 ½ oz	106	14	6
Ham	3 ½ oz	53	6	2
Pork (tenderloin)	3 ½ oz	79	6	2
Pork (chop)	3 ½ oz	85	25	10
Chicken Liver	3 ½ oz	631	6	2
Chicken (no skin)	3 ½ oz	85	5	1

UCSF Medical Center