

List of Foods to Avoid When You Have High Cholesterol

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According to the American Heart Association, an estimated 98.6 million Americans have total blood cholesterol levels higher than 200 mg/dl, the value considered to indicate one's risk for heart disease. When cholesterol levels reach 240 mg/dl or higher, you are considered to be at high risk for a heart attack. Most physicians approach lowering total cholesterol through a combination of diet, [exercise](#) and if necessary, medications. The first step is to begin avoiding [foods](#) that will raise your cholesterol.

Breakfast Foods

The American Heart Association recommends that adults limit their total daily cholesterol intake to less than 200 mg a day. Considering the cholesterol content of some types of fast foods, it's easy to exceed your total daily cholesterol intake in a single meal. For instance, according to the USDA National Nutrient Database one whole egg (regardless of the way it's prepared) contains 245 mg of cholesterol. Other breakfast selections with high cholesterol include a medium sized breakfast biscuit with egg and sausage (302 mg), one medium croissant with egg, cheese and bacon (215 mg), two average sized pieces of french toast with butter (116 mg) and one 4 inch egg bagel (21 mg).

Lunch Foods

Many types of fast food are loaded with saturated fat and cholesterol. For instance, one popular 280 gram double-patty hamburger with cheese contains 85 mg of cholesterol. Other poor choices for lunch include one medium soft taco (87 mg); one 170 g order of chili fries (10 mg); one chicken leg with no batter or skin (50 g); two slices of deep dish pizza with pepperoni, mushroom (62 mg); and one 52 gram piece of battered chicken contains 20 mg of cholesterol.

Dinner Foods

[Animal](#) products eaten at dinner are generally high sources of cholesterol and saturated fat. According to the USDA National Nutrient Database, six ounces of beef liver contains 648 mg of cholesterol. Six ounces of 75 percent lean beef contains 152 mg. Other high sources of cholesterol are one cup of turkey giblets (419 mg), six to eight breaded shrimp (200 mg) and 6 oz. of fried catfish (138 mg).

Snack Foods

Other snack foods that are high in cholesterol and must be avoided include a 1/2 cup of french vanilla ice cream (78) and a 1/2 cup of chocolate ice cream (22), reports the USDA National Nutrient Database.