

CHOLESTEROL CONTENT OF SOME MALAYSIAN MEALS, ANIMAL FOODS/PRODUCTS

Type of Fats:

Saturated fats tend to raise the level of serum cholesterol & polyunsaturated fats, typically of vegetable origin have the opposite effect. Modify method of cooking from deep fat frying to steaming, broiling, baking & stewing.

<i>Fat high in Cholesterol/Saturated Fat</i>	<i>Fat Low in Saturated Fat</i>
Butter, Lard, Ghee, Hard margarine	Corn oil, soya bean oil, sunflower oil
Tallow/Mutton/Chicken Fat	Peanut oil, Olive oil, Palm oil
Cream	Polyunsaturated margarine
Coconut oil	Salad cream/Mayonnaise
Coconut milk	
Egg yolk	

<i>Ready-to-eat Meals</i>	<i>Cholesterol mg/100g</i>	<i>Ready-to-eat Meals</i>	<i>Cholesterol mg/100g</i>
Liver rendang	215.0	Dumpling - Sang Yoke	17.3
Fried mee - Mamak style	159.4	Fried Kuay Teow - Hokkien style	16.9
Dosai + Egg	84.8	Fried Kuay Teow - Kantonis style	16.3
Prawn sambal	79.0	Chicken rice - Chinese style	13.7
Fried Kuay Teow with cockles	64.8	Dumpling - Char Siew	13.0
Lup cheong	55.8	Nasi beriani	11.0
Satay	54.8	Barbeque pork rice - Char Siew	10.9
Fried rice - Chinese style	47.7	Lor Mai Kai	10.5
Mutton curry	46.8	Nasi lemak	7.0
Dumpling - big	46.3	Curry laksa	6.8

<i>Animal Food/Products</i>	<i>Cholesterol mg/100g</i>
Brain - Pig	800
Egg - Duck (whole)	650
Egg - Hen/Quail (whole)	415
Anchovies - Whole fried Ikan Bilis	383
Prawn - dried	353
Liver - Pig	180
Prawn - fresh	130
Cuttlefish, Butter	120
Crab meat	100
Chicken meat	85
Anchovies (- head & entrails -cleaned)	58
Mutton	55
Beef, Cockles	45
Fish- Kembong	35
Fish - Kurau	4
Fish - Tenggiri	3

<i>Animal Food/Products</i>	<i>Cholesterol (mg)</i>	<i>Fats (g)</i>	<i>Animal Food/Products</i>	<i>Cholesterol (mg)</i>	<i>Fats (g)</i>
Portion size - 85g			133g Ice cream, 10% butter fat	59.0	14
Brains - uncooked	2,000	7	28g Cheddar cheese	30	9
Kidney	683	10	5g Butter	11	5
Liver - fried	372	9	57g Cottage cheese - creamed	9	3
Shrimp - canned, drained	128	1	33g Egg white	0	0
Crab - canned, drained	85	2	7g Gelatin - dry	0	0
Chicken, Turkey - no skin, cooked	84.0	3 - 5	Portion size - 244ml		
Lean Beef, Lamb, Pork, Veal - cooked	80.0	8 - 12	Human milk - mature	34	11
Lobster - cooked	73.0	1	Milk - whole	33	8
Clams - canned, drained	54.0	2	Skim milk	4	0.4
Scallops - cooked	45.0	1	30ml Cream, coffee	20	6
50g Egg - whole	274.0	6			
17g Egg yolk	272.0	6			
16G Caviar, sturgeon	300.0	2			