

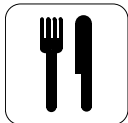


CHOLESTEROL COUNTS



Do you have any of the major risk factors for heart disease or stroke?

- problem in lipid profile (↑ cholesterol, LDL or TRG; ↓ HDL)
- high blood pressure (hypertension) is 140/90 or higher (pre-hypertension begins at 120/80)
- diabetes (fasting glucose over 125; non-fasting 200 or above) (pre-diabetes: fasting of 100-125; non-fasting of 140-199)
- smoking
- excess weight (overweight is BMI 25-29; obese is BMI 30 or above)
- lack of regular exercise
- family history of diabetes
- family history of early heart disease or stroke (woman under age 65; man under age 55)



*Reducing your cholesterol to under 200 mg/dl and controlling other risk factors can lower your risk for heart disease and stroke. **To lower your blood cholesterol:***

- Eat more vegetables, fruits, whole grains and dried beans
- Limit fat to 30% of total calories
Limit saturated fat grams to 1/3 of total daily fat grams
Avoid "trans fats" (partially hydrogenated oils)
- Eat less than 300 mg. of cholesterol daily (or less if your doctor advises)
- Work up to 30-90 minutes of exercise on most days, or as your doctor advises (need not all be done at one time)
- Avoid tobacco products

(See back for substitution list)



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TO LOWER YOUR BLOOD CHOLESTEROL

CHOOSE THESE

- ♥ fish, water-packed tuna, skinless breast of poultry, lean ground turkey (drained), turkey lunch meats, turkey sausage, turkey bacon, low-fat hot dogs (0-1 gram fat each), dried beans, vegetarian "meats"; lean red meats: not over 3 times/week (leanest types are beef round and sirloin, and pork tenderloin)
- ♥ egg whites or egg substitutes (may usually have two to three whole eggs/week, poached or boiled)
- ♥ baked, stewed, steamed, microwaved, broiled, grilled or stir-fried foods (using non-stick cooking spray)
- ♥ **"good" fats:** mono- & polyunsaturated fats: liquid canola, olive, soybean, corn, safflower, sesame, peanut or cottonseed oils & most nuts; omega-3 oils (in fatty fish)
- ♥ fat-free or oil-based gravies or sauces using "good" oils (above)
- ♥ salad dressings with "good" oils, whipped salad dressing (fat free, light or regular), mayonnaise (fat free or light)
- ♥ margarine with "0" gm. trans fat (sm. amounts only, due to traces of trans fat; fat free squeezable or spray; butter substitutes)
- ♥ low-fat cheeses (0-3 grams fat/oz.)
- ♥ fat-free (best) or light sour cream, cream cheese or dips
- ♥ skim (best) or 1% milk
- ♥ ice milk, sherbet, frozen yogurt or sorbet (0-3 grams fat per 1/2 cup)
- ♥ fat-free or very low-fat desserts and snacks (0-3 grams fat per serving); higher fat content OK if fats are "good" types

REDUCE OR AVOID THESE

- ∅ fatty red meats; organ meats; regular bacon, sausage, hot dogs and lunch meats
- ∅ eggs (in excess)
- ∅ fried foods
- ∅ **"bad" fats:** coconut or palm kernel oil, animal fats, butterfat, solid fats with "trans" fat
- ∅ regular gravies or sauces
- ∅ salad dressings with cream, sour cream, cheese, bacon, etc.
- ∅ butter, stick margarine, shortening
- ∅ high-fat cheeses
- ∅ regular sour cream, cream cheese or dips
- ∅ whole or 2% milk
- ∅ regular ice cream
- ∅ rich desserts and snacks

Some of the above foods may be high in sodium. Further information is needed for a low sodium diet.