

Tips to Lower Cholesterol and Prevent Heart Disease

- ✓ **Eat foods that are low in sodium.** Recommend: less than 300 mg per serving
- ✓ **Be physically active.** Recommend: 30-60 minutes of moderate exercise per day
- ✓ **If you smoke, quit.**
- ✓ **Increase fiber in the diet.** Recommend: 25-38 grams of fiber per day
- ✓ **Monitor your dietary fat intake.** Recommend: ↑ unsaturated fat, ↓ saturated fat
- ✓ **Limit Trans fat intake.** Recommend: Less than 1.5 grams of trans fat per day
- ✓ **Understand the types of fat in the diet.**
 - Monounsaturated – liquid at room temperature, found primarily in vegetable products. Examples: olive oil, peanut oil.
 - Polyunsaturated – liquid at room temperature, found primarily in vegetable products. Examples: safflower, sunflower, corn, soybean and cottonseed oils.
 - Saturated Fat – solid at room temperature, most commonly found in animal products, chocolate and coconut. Examples: prime cuts of beef, lamb, pork, veal, luncheon meats, poultry skin, lard, butter, whole milk, cream, ice cream, cream sauces, cheeses.
 - Trans Fat – solid at room temperature, most commonly found in margarines and processed foods or vegetable products transformed through the hydrogenation process. Examples: margarine, shortening, snack crackers/cookies.
- ✓ **Know your numbers.** Recommend: Have all cholesterol levels checked annually
 - **Total Cholesterol:** less than 200 mg/dL
 - **LDL-C:** less than 100 mg/dL
 - **HDL-C:** more than 40 mg/dL (men) or 50 mg/dL (women)
 - **Triglycerides:** less than 150 mg/dL (guidelines by National Cholesterol Education Program)
- ✓ **Know your risk.** Recommend: Work with your doctor to figure out your risk for heart disease, diabetes and related diseases.



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✓ Check your diet.....

Meat and Protein Foods

Choose

- fish and shellfish
- chicken and turkey without skin
- ground turkey <10% fat
- lean, well-trimmed beef
- small servings, <7 oz per day
- meatless protein, beans, tofu, eggs

Limit

- large shrimp servings
- fried chicken, duck
- ground chuck/hamburger
- marbled meats
- bacon, sausage, bologna
- 2-3 egg yolks per week

Milk, Cheese, Dairy products

Choose

- skim or 1% milk products
- nonfat evaporated milk or dry milk
- frozen yogurt, ice milk, sorbet
- lowfat or nonfat yogurt
- part-skim milk cheeses
- 2% or less fat cheese products

Limit

- 2% or whole milk
- cream, half & half
- nondairy creamers
- ice cream, whipped cream
- whole milk yogurt, sour cream
- whole milk cheeses (regular)

Breads and Cereals

Choose

- plain bread, English, muffin, bagel
- plain pasta, rice
- hot or cold cereal with no added fat
- lowfat snack foods-pretzels, air popcorn
- low fat baked goods-angel food cake

Limit

- doughnuts, pastry, croissants
- fried rice, crispy noodles
- granola with oil/fat
- chips, cheese or butter crackers
- cakes, cookies, pies

Fruits and Vegetables

Choose

- several servings each day
- raw, steamed, boiled, baked or stir fried
- herbs and spices for seasoning
- nonstick cookware

Limit

- coconut-high in saturated fat
- deep-fat fried vegetables
- cream sauces, cheese sauce
- butter, stir frying in oil

Extras

Choose

- light margarine with unsaturated fat
- olive, or canola oil
- dressings made with unsaturated oils
- nuts-in moderation
- lowfat mayonnaise or low saturated fat

Limit

- butter or hydrogenated oil
- lard, meat fat, coconut oil
- vegetable shortening
- cream based salad dressing
- chocolate