

Move your body, lower your bad cholesterol, and raise your good cholesterol

- Including at least 30 minutes of brisk activity, such as walking, four (4) or more days per week can lower your LDL and raise your HDL.
- Start with brisk 10 minute walk a few times per day and increase gradually from here.
- Gentle stretching exercises increase your flexibility and release tension in your muscles and joints. Aim for 4 or more stretching sessions per week.
- Strength exercises improve muscle and bone density keeping you strong and stable. Include these 2-4 times per week.
- Remember to start slowly and consult your physician before starting a new exercise program.

Keeping active can lower your blood sugar, cholesterol, blood pressure, help you feel better, relieve tension and stress, improve your muscle tone and help you lose weight!

Eating plan for High Cholesterol

Cholesterol lowering-maximum 15 mg of saturated fat per day, 300 mg of cholesterol
Read food labels for less fat, saturated fat, cholesterol and sodium and more fibre.

Note: Underlined foods commonly higher in salt (sodium)-**limit use in causes of hypertension or other condition requiring salt restriction.**

FOODS TO CHOOSE

Vegetables and Fruit

- Fresh and frozen are best
- Unsweetened canned fruit, unsalted canned vegetables
- Limit fruit juice with elevated triglycerides
- Low sodium vegetable juice
- Avocados and olives in moderation for healthy fat

FOODS TO LIMIT OR AVOID

- Vegetables prepared with butter, cream or sauce; battered and deep fried
- Fruit packed in heavy syrup or sugar; sweetened fruit juice, fruit drinks, sport drinks

Whole Grains

- Bread, buns, rolls, pita bread, English muffins and tortillas
- Low fat crackers, breadsticks, melba toast, soda crackers (unsalted tops)
- Unsweetened hot or cold cereal-oats, oat bran, psyllium or soluble fibre
- Brown rice, barley
- Whole grain pasta
- Low fat baked goods – add oat bran, ground flax to boost fibre

- Avoid “white” products
- Cheese or egg bread, croissants, sweet rolls
- Crackers over 5 grams of fat per serving, commercial crumb coatings
- Sweetened cereals
- Pasta with butter, cream or cheese sauce, chow mien noodles, ramen noodles
- Commercial muffins, cakes, donuts, Danish, high-fat cookies

Beverages

- Water, soda water, mineral water
- Sugar-free soft drinks
- Coffee, tea-limit to 4 cups per day
- Cereal beverages (e.g. Postum, Ovaltine)

- Regular tonic water
- Regular soft drinks, lemonade, sweetened iced tea, regular drink crystal mixes
- Flavored instant coffee
- Liqueurs, Cocktail mixes

Milk and Alternatives

- Any with 1% Milk Fat (MF) or less
- Cheese with less than 20% MF – occasional use

- All milk products which are more than 1% MF
- Cheese 21% MF or higher

FOODS TO CHOOSE

- Meat and Alternatives
- Fish and shellfish: fresh, frozen-unbattered, canned in water
- Poultry: chicken, turkey – without skin
- Meat: lean cuts, fat trimmed
- Beef: round, rump, sirloin, extra lean/lean ground
- Veal: round, rump, tenderloin
- Lamb: leg, loin, shank, lean ground
- Pork: tenderloin, back bacon, ham,
- Deli Meat: ham, roast beef, pork, turkey, turkey or reduced fat wieners
- Wild Game: moose, venison, rabbit
- Legumes: chickpeas, kidney beans, lentils, lima beans, soybeans, split peas, tofu
- Eggs: if you have diabetes, limit to 6 per week
- Nuts: unsalted almonds, walnuts, pecans, pistachios-limit ¼ c per day
- Peanut butter: natural or non-hydrogenated or light
- Seeds: flax, pumpkin, sesame, sunflower

Fats and Oils

Limit added fats to 3 teaspoons per day.

- Oils: olive, canola, corn, peanut, sesame, soy, sunflower
- Margarine: non-hydrogenated soft (regular or light)
- Salad dressing/Mayonnaise: low calorie, calorie reduced,
- Oil-free, homemade with recommended oils
- Low fat sour cream, cream cheese
- Gravy: defatted

Sweets

- Sugar: substitutes (e.g. sucralose, low sugar jams, jellies, syrups)
- Sugar free: Candies, gelatins, gum
- Baked good: low in sugar, fat and high fibre
- Frozen desserts: low fat, low in sugar ice cream, ice milk, frozen yogurt and sherbet
- Cocoa powder

Snack Foods

- Popcorn: hot air popped or low fat microwave
- Pretzels, baked chips, rice crisp and cakes

Miscellaneous

- Condiments (ketchup etc), herbs, spices, vinegar, pickles,
- Soups: prepared with skim milk or fat-free stock, bouillon, broth, consommé

FOODS TO LIMIT OR AVOID

- Fish canned in oil, commercially fried, frozen battered fish
- Poultry: duck, goose, fried or battered chicken, chicken wings
- Meat: fatty marbled meats, ribs, medium/regular ground meat, organ meat, bacon, sausage (unless low fat), canned meats

- Hydrogenated or block margarine, lard, shortening, suet
- Salad dressings made with cheese or regular sour cream
- "Tropical" oils: palm kernel, coconut
- Full fat gravy, cream sauces

- Sugar – use in moderation
- Regular jams, jellies, syrups
- Regular candies, gelatins, gum
- Frozen Desserts: regular ice cream, ice milk, frozen yogurt, sherbet
- Chocolate bars, chocolate

- Popcorn-regular and high fat microwave, corn chips, potato chips, cheesies

- Soups-cream