



Therapeutic Lifestyle Changes to Lower Cholesterol

To promote heart health you should:

- ♥ Adopt healthy eating habits that include foods low in saturated fat, trans fat, and cholesterol.
- ♥ Lose weight if you are overweight.
- ♥ Quit smoking if you smoke and do not use nicotine in any form. Ask for help in quitting if needed.
- ♥ Be more physically active, but be sure to check with your healthcare provider first. Aim for a total of 30 to 60 minutes of exercise like brisk walking on a daily basis. Any exercise is better than none!

Grains

Choose at least 6 servings a day.

A serving is:

- 1 slice bread
- 1 ounce dry cereal
- 1/2 cup cooked cereal, rice, or pasta



- ♥ Whole grain breads, rolls, buns, bagels, pita breads, and English muffins
- ♥ Soft tortillas, rice cakes, breadsticks
- ♥ Oatmeal, dry whole oat cereals
- ♥ Brown rice and whole grain pasta
- ♥ Tip: Choose more whole grain foods. The words “whole” or “bran” should be listed first on the ingredient label. Just seeing “wheat flour” as the first ingredient means it is not a whole grain!

Vegetables

Choose 3-5 servings a day.

A serving is:

- 1 cup raw leafy vegetables
- 1/2 cup cooked or chopped raw vegetables
- 3/4 cup vegetable juice

- ♥ Fresh, frozen, and canned vegetables
- ♥ Vegetables sautéed in canola or olive oil, vegetable juice, vegetable soup, or soup made with bouillon or a clear broth



<p>Fruits</p> <p>Choose 2-4 servings a day. A serving is:</p> <ul style="list-style-type: none"> - 1 piece fresh fruit - ½ cup canned fruit - ¼ cup dried fruit - ¾ cup fruit juice 	<ul style="list-style-type: none"> ♥ Most fruits and fruit juices ♥ Choose whole fruit instead of juice to get more fiber ♥ Fruit is a good choice as a snack or to replace dessert at meals 
<p>Dairy Products</p> <p>Choose 2-3 servings a day. A serving is:</p> <ul style="list-style-type: none"> - 1 cup milk - 1 cup yogurt - 1½ -2 ounces cheese 	<ul style="list-style-type: none"> ♥ Nonfat, fat free, or reduced fat products ♥ Cheese with 0 grams of fat per ounce ♥ Fat free cream cheese and fat free sour cream ♥ Light coffee creamer ♥ Soymilk
<p>Meat and Meat Substitutes</p> <p>No more than 5 ounces per day</p> <p>A serving is:</p> <ul style="list-style-type: none"> - 1 ounce meat, fish, poultry - ½ cup beans, peas, lentils - 2 egg whites <p>A 3 ounce portion of cooked meat is about the size of a deck of cards.</p>	<ul style="list-style-type: none"> ♥ Veal, ham, loin and leg cuts of pork and lamb, round and loin cuts of beef, wild game like venison ♥ Skinless white meat chicken and turkey (not deep-fried) ♥ Eat seafood (except for shrimp) that is not deep-fried at least twice a week ♥ Fat free hot dogs and lunch meats, Canadian bacon ♥ Imitation “meat” made from soy, egg whites and egg substitutes
<p>Fats, Oils, and Sweets</p> <p>Choose margarines with liquid vegetable oil listed before hydrogenated oil on the ingredient list.</p> <p>Limit intake of sweets and snacks, especially if you are overweight. A dessert labeled fat free can still have calories!</p>	<ul style="list-style-type: none"> ♥ Canola and olive oils, flaxseed oil ♥ Vegetable cooking spray ♥ Margarines that help lower cholesterol such as Benecol® and Take Control™ ♥ Nuts, seeds, avocados, olives, peanut butter ♥ Diet mayonnaise, diet salad dressing ♥ Low fat gravy (powder mixes or jars) ♥ Sugar free gelatin, fat free/sugar free pudding

