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.

- ♥ If you smoke, dip or chew try to quit. If you can't quit, ask for help.

Be more physically active, but check with your healthcare provider first. Aim for 30 to 60 minutes of exercise daily. **Grains** Choose at least 6 servings each day. A serving is: - 1 slice bread - 1 ounce dry cereal - ½ cup cooked cereal, rice or pasta	♥ 100% whole grain breads, rolls, buns, bagels, pita breads and English muffins. ♥ Whole grain soft tortillas, rice cakes, breadsticks ♥ Steel cut 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. Seeing "wheat flour" as the first ingredient does not mean it is a whole grain.
Vegetables Choose 3 to 5 servings each day. A serving is: - 1 cup raw leafy vegetables - ½ cup cooked or chopped raw vegetables - ¾ cup vegetable juice	♥ Fresh, frozen and low sodium canned vegetables ♥ Vegetables sautéed in canola or olive oil, low sodium vegetable juice and low sodium vegetable or clear broth soups

Fruits Choose 2 to 4 servings each day. A serving is: - 1 piece fresh fruit - ½ cup canned fruit - ¼ cup dried fruit - ¾ cup fruit juice	♥ Fresh or frozen fruit, 100% fruit juice with pulp, dried fruit without added sugar and canned fruit in natural juice ♥ Choose whole fruit instead of juice to get more fiber ♥ Fruit is a good choice for a snack or dessert
Dairy Products Choose 2 to 3 servings each day. A serving is: - 1 cup milk - 1 cup yogurt - 1 ½ -2 ounces cheese	♥ Skim and 1% milk ♥ Yogurt, cheese or buttermilk made with skim or 1% milk, cheese made with 3 grams of fat per ounce ♥ Fat free cream cheese and sour cream ♥ Unsweetened soymilk, rice milk or almond milk
Meat and Meat Substitutes Limit meat to no more than 5 ounces each day. A serving is: - 1 ounce meat, fish, poultry - ½ cup beans, peas, lentils - 2 egg whites - A 3 ounce portion of cooked meat is about the size of a deck of cards.	♥ Veal, ham, loin and leg cuts of pork and lamb, round and loin cuts of beef, wild game like venison and elk ♥ Skinless white meat chicken and turkey (not deep-fried) ♥ Salmon, albacore tuna (in water), sardines, mackerel and herring(not cream sauce) ♥ Fat free hot dogs and lunch meat, Canadian bacon ♥ Imitation "meat" made from soy, egg whites or egg substitutes
Fats, Oils and Sweets Choose margarines with liquid vegetable oil listed before hydrogenated oil on the ingredient list. Limit intake of sweets and snacks, especially if you are overweight. A dessert labeled fat free can still have calories!	♥ Canola and olive oil, flaxseed oil ♥ Vegetable cooking sprays ♥ Margarines that help lower cholesterol such as Benecol and Take Control ♥ Nuts, seeds, avocados, olives, and natural peanut butter ♥ Low fat gravy (powder mixes or jars) ♥ Sugar free gelatin, fat free/sugar free pudding