

Controlling Your Cholesterol

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www.bestendo.com

Tips for Reducing Cholesterol

Avoid foods high in:

- Saturated Fat
- Cholesterol
- Trans Fat (Hydrogenated Oil)



Encourage:

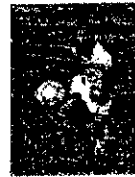
- Dietary Fiber + Water
 - Whole-grains (bread, cereal) and Oats
 - Fruits
 - Vegetables (including peas and beans)



- Plant Stanol Esters
 - Found in regular and "light" spreads fortified with plant stanol ester (Benecol[®] and Take Control[®])
 - Use 2 to 3 servings of foods containing plant stanol ester each day in place of similar foods



- Physical Activity (Allow no more than 2 hours spent on T.V., computer, video games, and other sedentary activities)



Your doctor wants you to take:

___ dose(s) Metamucil every day
___ vitamin E every day

FREE FOODS

- Less than 20 calories and less than 5 gm carbohydrate

Bouillon

Sugar free carbonated drinks

Carbonated water

Club soda

Cocoa powder, unsweetened (1 Tbsp)

Sugar free drink mixes- Crystal light

Tonic water, sugar free

Sugar free popsicles

Airpopped popcorn -

- (1 cup)

Raw Vegetables (1 cup)

Cabbage

Celery

Chinese cabbage

Cucumbers

Green onion

Hot Peppers

Mushrooms

Radishes

Zucchini

Salad Greens

Endive

Lettuce

Romaine

Spinach

Sweet Substitutes

Sugar free gelatin

Sugar free jelly/jam

Aspartame (Equal)

Saccharin (Sweet n Low)

Sugar free pancake syrup

Sugar free gum

Sucralose (Splenda)

Whipped topping (2 Tbsp)

Condiments

Catsup (1 Tbsp)

Horseradish

Mustard

Pickle, dill

Salad dressing, low cal (2 Tbsp)

Taco sauce (3 Tbsp)


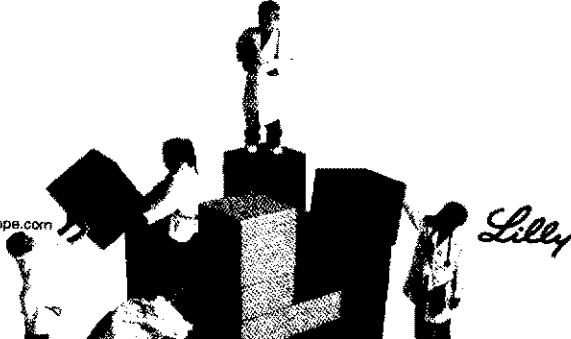
Vinegar

Spices: Basil, celery seeds, chili powder, chives, cinnamon, curry, dill, extracts, garlic, garlic powder, hot pepper sauce, lemon, lemon juice, lemon pepper, lime, lime juice, mint, onion powder, oregano, paprika, pepper, pimento, soy sauce (low sodium), worcestershire sauce

Protein 1 oz lean ham or low fat turkey breast

Choose your low-cholesterol, heart healthy foods.

Eating healthy foods can help lower your cholesterol. Below are some tips from the different food groups. Take this with you to the store when you shop for food. Or, hang it up in your kitchen as a helpful reminder.

Food Groups	Choose	Go Easy On	Avoid
<ul style="list-style-type: none"> • Meat • Poultry • Fish • Dry beans • Eggs • Nuts (up to 5 ounces of meat, poultry, fish/day)	<ul style="list-style-type: none"> • Lean cuts of meat • Chicken and turkey without skin • Fish • Egg whites 	<ul style="list-style-type: none"> • Shellfish • Duck • Egg yolks 	<ul style="list-style-type: none"> • Processed meats, such as bacon and bologna • Hot dogs
<ul style="list-style-type: none"> • Milk • Yogurt • Cheese (2 or more servings/day; 3-4 for pregnant or breast-feeding women)	<ul style="list-style-type: none"> • Fat-free dairy products • Cheeses with less than 2g of fat per serving • Low-fat 	 <p>See full prescribing information and important safety information at the back of this pad.</p> <p>Customized Solutions</p>	k erican, neese ese
<ul style="list-style-type: none"> • Fats • Oils (approximately 5-8 teaspoons/day)	<ul style="list-style-type: none"> • Corn • Olive • Canola • Sunflower 	<p><i>for cholesterol, this looks just a easy</i></p>	
<ul style="list-style-type: none"> • Breads • Cereals • Pasta • Rice (6-11 servings/day)	<ul style="list-style-type: none"> • Whole-grain • Pasta • Whole-grain • Plain bread 		ts les
<ul style="list-style-type: none"> • Fruits • Vegetables (3-5 servings/day)	<ul style="list-style-type: none"> • Fresh • Frozen • Dried 		les prepared r or cream
<ul style="list-style-type: none"> • Snacks (in very limited amounts)	<ul style="list-style-type: none"> • Sorbet • Low-fat • Plain • Pretzels 	 <p>www.humatrope.com</p> <p>Lilly</p>	m ite chips d popcorn

National Heart, Lung, and Blood Institute
Available at: <http://nhlbisupport.com/chd>

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