



## **Cholesterol Lowering** **NUTRITIONAL PLAN**

Cholesterol is the fat found in your bloodstream and in all your body's cells. If you have a high blood cholesterol level, limiting your fat intake can help reduce your risk of heart disease. You must achieve and maintain a healthy weight. Being overweight puts strain on your heart. Those extra pounds can make you more likely to develop high blood pressure, diabetes and atherosclerosis.

### **Fats**

#### **Saturated Fats (avoid these)**

- Animal fats
- Butter or lard
- Dairy products made from whole milk

#### **Vegetable Fats**

- Shortening, hydrogenated oil
- Palm and palm kernel oil
- Coconut oil

#### **Monounsaturated Fats (use these)**

- Olive oil
- Canola oil
- Peanut oil

#### **Polyunsaturated Fats (use these)**

- Safflower oil
- Sunflower oil
- Corn oil
- Soybean oil

Monounsaturated fats and polyunsaturated fats help to reduce your blood cholesterol. Your body needs cholesterol, but it makes all the cholesterol it needs. Limit your dietary cholesterol to less than 300 milligrams each day.

### **Meats**

#### **Ways To Reduce Fat**

- Use a rack to drain off the fat when broiling, roasting, or baking. Instead of basting with dripping, keep meat moist with wine, fruit juice, or an acceptable oil-based marinade.
- Cook a day ahead of time. Stews, boiled meat, soup stock or other dishes in which fats cooks into the liquid can be refrigerated. Then the hardened fat can be removed from the top.
- Boil rather than pan-fry meats such as hamburger, lamb chops, pork chops, and steak.
- You need 2-4- servings from the meat group per day.



## **Vegetables**

Vegetables can be made more tempting by adding herbs and spices. Try cooking vegetables in small bits of vegetable oil, adding a little water during cooking if needed, or use a vegetable oil spray. Only 1-2 teaspoons of oil is enough for a package of frozen vegetables that serves four. Place a skillet with a tight cover, season, and cook over a very low heat until vegetables are done.

Some flavor combination for cooked vegetables are suggested below:

- Asparagus – with lemon juice
- Broccoli – with lemon juice or dill seed
- Cabbage – Dill seed, mustard dressing, unsalted margarine with lemon, or sugar
- Cauliflower – Nutmeg, dill seed
- Corn – green pepper, tomatoes
- Green beans – lemon juice, nutmeg or dill seed
- Peas – mint, fresh mushrooms, parsley, or onion
- Potatoes – parsley, unsalted margarine, chopped green pepper, onion
- Squash – ginger, mace, or sautéed onion
- Tomatoes – basil
- Bay leaf, dill seed, and vinegar added to vegetables will improve the flavor of any vegetable

## **Milk/Dairy**

Avoid milk products containing more than 1% milk fat

- Whole milk
- Dried whole milk, buttermilk, or yogurt made from whole milk
- Condensed milk, evaporated milk, ice cream

Cream

- All kinds, half and half, light, heavy, whipping or sour creams

Non-dairy substitutes

- Coffee creamers, sour cream substitute made with coconut, palm or palm kernel oil.

All cheese containing more than 2 grams of fat per ounce

- Cream cheese, creamed cottage cheese, and most other natural and processed cheeses such as American, Swiss, Mozzarella, and Bleu.

## **Fruits**

Enjoy plenty of fruit. If you are watching your weight, these foods will give you the most nutrition for the fewest calories. Almost all fruits are very low in fat, except:

- Coconut
- Coconut oil
- Palm oil and Palm kernel oil  
(these contain saturated fat and should be avoided)

Include at least one serving from the High Vitamin C list every day and least one serving from the High Vitamin A list several times a week:



- High Vitamin C – Cantaloupe, grapefruit, oranges, strawberries, and tangerines.
- High Vitamin A – Cantaloupe, peaches, pumpkin

Use at least 3 servings of fruit or real fruit juice everyday.

\* (1 serving = 1 medium-sized piece of fruit or ½ cup juice or canned fruit.)