

Heart Healthy Diet & Lifestyle

Diet

Fluids: Drink only water, nf/1% milk, or unsweetened tea/coffee (if desired)

Carbohydrates:

- Avoid all processed (refined or white) carbs, like white rice, white bread, white cereals (any cereal with less than 6 grams of fiber per serving), white noodles/pasta, white flour tortillas, muffins, white flour bagels, cookies, cakes, pancakes, waffles, biscuits, large potatoes without skins.
- Choose *whole grain* products like oats, brown rice, whole grain bread (Orowheat Light, Miltons), whole beans, lentils, high fiber cereals (Fiber One or Allbran)
- Eat lot's of vegetables (potatoes, corn and peas do not count!) - at least 4 servings a day; include dark leafy greens daily.
- Eat whole fruits (not canned, juiced or sweetened) - 2-3 servings a day

Protein:

- Choose non-fat or low fat milk and/or soy milk, low fat yogurt and cottage cheese
- Limit cheese intake
- Eat lean protein sources like chicken and turkey breast, soy products like tofu
- Choose the leanest cut of beef & pork on occasion (like flank steak)
- Eat fish 1-2 times a week
- Walnuts and almonds

Fat:

- Avoid saturated fats in excess (animal products)
- No fried foods
- No trans fatty acids/trans fats (partially hydrogenated ____oil) - chips, cookies, margarine, junk food
- Choose healthy fats like olive oil or canola oil, fish, nuts, avocados

Lifestyle

Achieve a healthy weight

Exercise 30 minutes/day, 5-7 times a week

Check full lipid panel (cholesterol)

Read Dr. Barry Sears: The Zone Dr. Liz Applegate: Eat Your Way To A Healthy Heart

Heart - Healthy Eating To Lower Cholesterol	
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WHY LOWER CHOLESTEROL?



You hear it all the time: “Watch your cholesterol!!” Our bodies do need **some** cholesterol, but too much can be harmful. That’s why we need to keep it at a healthy level.

Cholesterol is a fat-like substance. It can build up on the walls of blood vessels and block the flow of blood. That can lead to a heart attack or a stroke.

But you can take steps to lower your cholesterol and help your heart!

A diet high in saturated fat, trans fat, and cholesterol can raise your blood cholesterol to unhealthy levels. It helps to cut down on egg yolks, high-fat meats, fried foods, and full-fat milks and cheeses. Other things can affect your cholesterol. These include your age, sex, weight, genes, and how active you are.

WHAT YOU CAN DO

Some things can be changed and some can’t. You can’t change your age, sex, or genes. But you can help your heart in other ways.

- If you smoke, quit. That can cut your risk of heart attack in half.
- Eat a healthy diet low in saturated fat and trans fat.
- Eat lots of whole grains, veggies, and fruits.
- Get to and stay at a healthy weight.
- Get 30 minutes of physical activity each day.
- Do 10 minutes three times a day if that works better for you.



FIRST, GET YOUR CHOLESTEROL CHECKED

There are two types of cholesterol: LDL-the “bad” kind that builds up in your blood vessel-and HDL- the “good” kind that takes the “bad” kind away.

Recommended Levels

Total Cholesterol	Less than 200
HDL	35 and above
Triglycerides	Less than 200
LDL	Less than 130

Your cholesterol level is checked by a blood test. You can get numbers for your total cholesterol, your DHL, your LDL, and your triglycerides (another kind of blood fat). In general, your total number should be under 200. If it is 200 or above, your doctor will probably want to know what the other levels are and watch the closely.

For women, it appears that a low HDL level and a high triglyceride level are more likely to predict heart disease than the LDL level.

You and your doctor can decide what your goals should be, based on your risk factors.

A HEART-HEALTHY DIET

If your cholesterol is in the desirable range, great! Your goal is to keep it that way. Eat a healthy diet, get regular exercise, and stay at your best weight. That’s probably what you have been doing all along.

If you need to lower your cholesterol, a diet lower in saturated fat and trans fat can help you do that. Eat plenty of whole grains, vegetables, and fruits.

Where Are Saturated Fat and Trans Fat Found?

Saturated fat is found in fatty meats and full-fat dairy products. Coconut and palm oils also have saturated fat.

Trans fat is found in deep-fried foods and store-bought baked goods and fried snacks. Oils that have been hardened (like solid white shortening) are high in trans fat. Use liquid oil instead, when you can. Tub or liquid margarine is lower in trans fat than most stick margarines. If you do use stick margarine, choose one that lists liquid oil as the first ingredient.

Cholesterol in food you eat also raises cholesterol levels in your body. Cholesterol is found only in foods that come from animals, like eggs, meat, and milk. So choose low-fat or fat-free versions of these foods. Eat egg whites instead of the whole egg.

You can help lower your cholesterol with a diet that is:

Low in saturated fat and trans fat	Avoid full-fat milk and cheese, butter, fried food, and high-fat meat, sauce, and gravy. Use tub or liquid margarine instead of stick. Avoid solid white shortening.
Low in Cholesterol	Cut back on animal products. Avoid egg yolks. Try beans or soy foods instead of meat.
Rich in fiber and whole grains	Eat five or more fruits and veggies each day. Eat whole-wheat breads and pastas, brown rices, and whole-grain cereals.



Your doctor or dietitian can help you create a heart-healthy eating plan to suit your tastes and lifestyle. There are easy ways you can cut fat from your diet and help lower cholesterol.

WHAT ABOUT PILLS?

Some people try diet and lifestyle changes and still cannot lower their cholesterol. In those cases, a drug that lowers cholesterol may be prescribed by the doctor. It is still important to eat heart-healthy foods, get some activity, and stay at a healthy weight when taking these drugs. This can help reduce the amount of medicine needed.

NOTES:

Easy Ways To Cut Fat

Instead of:	Try:
Whole milk	1% milk, fat-free milk, or soy milk (in cooking, you'll hardly taste the difference)
Cream in soups and sauces	Nonfat dry milk prepared triple-strength, evaporated skim milk, or fat-free and half-and-half, soy milk
Fried food	Broiled or baked with PAM spray
Cooking with lard, butter, or hard, white shortening	Oils-like canola, olive, corn oil, soybean
High-fat meats	Lean meats (like beef round, 93% fat-free ground beef), fish, skinless chicken and turkey, soy burgers (like Morningstar Farms Harvest Burgers), or beans; try having meatless meals more often.
Butter on breads, bagels	Tub, liquid, or spray trans-fat free margarine, low-fat or fat-free cream cheese, a thin coat of peanut butter
Butter on pancakes, waffles	Jams, jellies, fresh fruit, syrup
Butter on vegetables	Spices and herbs, lemon juice, spray margarine or PAM, a little olive oil with garlic, or a few toasted nuts or seeds.
Whole egg	Two egg whites or ¼ cup egg substitute (like Scramblers or Egg Beaters)
Full-fat ice cream	Fat-free frozen yogurt, ice, sorbets, low-fat or fat-free ice cream
Oils in baking	Applesauce or other fruit purees to replace most of the oil
Full-fat cheese	Low-fat (2%) or fat-free cheese
Full-fat sour cream or mayo	Low-fat or fat-free sour cream or mayo

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