

Eating Well with High Cholesterol

Where to start?

Most heart and blood vessel disease is caused by a buildup of cholesterol, plaque and other fatty deposits in artery walls. You can make important lifestyle changes such as eating heart-healthy foods to improve your cholesterol and heart health. Remember, healthy eating is not about “good” and “bad” foods or restrictive diets. It’s about making small changes that you can continue long term!



WHAT SHOULD I EAT?

WHOLE GRAINS

- Eat more whole grains, such as 100% whole wheat bread, oatmeal, bran cereals, brown rice, corn tortillas.
- Choose breads, cereals, and crackers with 3 or less grams of total fat per serving.



FRUITS AND VEGETABLES

- Eat a variety of fruits and vegetables twice a day.
- Add vegetables to soups, dishes, sandwiches.
- Choose fruits or raw vegetables for snacks.



MILK AND EGGS

- Choose skim, 1% or 2% milk and low-fat yogurt.
- Use only egg whites or egg substitutes.

FATS AND OILS

- Choose unsaturated fats or oils such as olive oil, canola oil, corn oil, flax seed oil, peanut oil or other nut oils.
- Use non-hydrogenated soft margarine



MEATS, CHICKEN, TURKEY, FISH AND TOFU

- Select skinless chicken or turkey
- Select lean/low-fat sandwich meats, lean trimmed red meats (sirloin, round, flank, tenderloin).
- Select fish/shellfish that is fresh, frozen-unbattered, canned in water. Eat fish 3 times/week (e.g. salmon, trout, herring, mackerel, tuna).
- Choose tofu in place of meat more often.



NUTS, AND SEEDS

- Have a small handful of unsalted nuts (almonds, walnuts, pecans, pistachios) and seeds (flax, pumpkin, sesame, sunflower) every day.
- Use natural, non-hydrogenated or light peanut butter



SUGAR AND SWEETS

- For snacks, try pretzels, air popped popcorn, rice cakes, low-fat crackers, fat-free cookies, cakes, and frozen dessert such as non-fat frozen yogurt.

WHAT SHOULD I AVOID?

- Avoid “white” products
- Sweetened cereals
- Limit high-fat baked goods (donuts, muffins, pastries, croissants, high-fat cookies).



- Fruit packed in heavy syrup or sugar; sweetened fruit juice, fruit drinks, sports drinks

- Avoid homogenized milk or whipping cream.
- Limit egg yolks to two or less a week



- Avoid saturated fats, such as lard, butter, bacon fat, coconut oil, cream cheese, sour cream, shortening, stick margarine, coconut or palm oil, and chocolate.

- Avoid fatty cuts of meat like ribs, ribs steak, pork belly, medium/regular ground meat.
- Fish canned in oil, commercially fried, frozen battered fish or battered chicken, chicken wings.
- Avoid fatty or fried meats, sausages, hot dogs, and most lunch meats.



- Avoid peanut butter with hydrogenated oil

- Avoid snacks high in hydrogenated fat (trans fat) found in most packaged cookies, crackers, and bakery items.

