

Lower Cholesterol - Diet and Plan

Plan:

- Increase Cardiovascular activity
- Modify diet using the information below

Diet Recommendations:

- Increase intake of Fruits and Vegetables
 - Examples:
- Increase intake of High Fiber Grains
 - Examples: Whole Wheat Breads and Cereals, Oatmeal
- Increase intake of Legumes
 - Examples: Black beans, Garbanzo beans, Lima beans
- Increase intake of “Good Fats”
 - Examples: Avocado, Nuts, Olives
- Decrease intake of “bad fats”
 - Examples: Butter, Lard, Coconut Oil
- Limit intake of alcoholic beverages to 1 (women) or 2 (men) or less per day
- Changes:

Instead of:	Try:
Eggs	Egg Whites
Whole Fat Dairy products (cheese, milk, yogurt)	Low fat or Nonfat Dairy Products
Red Meats (steak, ground beef)	White Meats (chicken breast, ground turkey, fish)
Butter for cooking	Olive oil or Canola oil for cooking
Fried Foods	Baked, Grilled, or Roasted foods

Other Resources:

- American Heart Association (AMA) website: <http://www.americanheart.org/>
- Centers for Disease Control (CDC) website: <http://www.cdc.gov/>