

HOW TO LOWER YOUR LDL CHOLESTEROL

Increase your Intake of Fiber-Rich Foods

- Emphasize foods high in *soluble* fiber (e.g. oats, legumes, fruits, vegetables)
- Eat 2-4 servings of whole fruits and 4-5 servings of vegetables per day
- Include legumes (beans, split peas and lentils) several times per week
- Choose oatmeal, high fiber cold cereals, whole wheat bread and brown rice

Reduce your Intake of Saturated Fat - the type of fat found in meats, high fat dairy products, chocolate, palm oil and coconut oil

- Reduce intake of whole milk, 2% reduced fat milk, cheese, cream cheese, ice cream, sour cream, cream sauces, cream soups and butter
- Avoid high fat meats such as regular hamburgers, hot dogs, sausage, bacon, ribs, pepperoni, bologna, salami, pastrami, and marbled cuts of beef and lamb
- Discard poultry skin before eating or before cooking
- Reduce intake of high fat breakfast items like commercial muffins, scones, doughnuts, Danish pastries and croissants
- Save cakes, cookies and pies for special occasions
- Remember that chocolate candy and candy bars are high in saturated fat

Reduce your Intake of Trans Fat - the type of fat formed when vegetable oils are partially hydrogenated

- Avoid stick margarine; choose a trans fat-free tub, light or diet margarine
- Reduce intake of most commercial baked goods, snack foods and fast food fries

Reduce your Intake of Dietary Cholesterol - a waxy substance found in foods of animal origin (meat, fish, poultry, dairy products and egg yolks)

- Eat no more than 2 egg yolks per week
- Limit shrimp and squid (calamari) to once/wk; avoid liver and other organ meats
- Limit intake of meat, poultry and fish to no more than 5 to 6 oz. per day

<u>Goals for Dietary Fat, Saturated Fat, Cholesterol, Fiber and Sodium Intake</u>		
For most men:	Total fat	50-75 grams per day
	Saturated fat	12-16 grams per day
	Cholesterol	under 200 mg per day
For most women:	Total fat	40-60 grams per day
	Saturated fat	10-12 grams per day
	Cholesterol	under 200 mg per day
For men and women:	Fiber	20 - 35 grams per day
	Sodium	2400 mg per day or less