

LOWERING YOUR CHOLESTEROL

<u>NUTRIENT</u>	<u>RECOMMENDED INTAKE</u>
Total Fat	Less than 30% of total calories
Saturated	Less than 10%
Polyunsaturated	Up to 10%
Monounsaturated	10-15%
Carbohydrates	50-60% of total calories
Protein	10-20% of total calories
Cholesterol	Less than 300mg/day
Total Calories	To achieve and maintain desired weight

To calculate what you'll need to do to limit your diet to 30% of calories from fat, use the following steps:

1. Determine the number of calories required daily. For weight loss, women should not go below 1200 calories and men should not go below 1500 calories. These minimums are important to include all necessary nutrients.
2. Multiply the total calories by 0.3 to determine 30%.
3. Convert to fat grams by dividing by 9 (there are 9 calories in one gram of fat.)

The Food Guide Pyramid A Guide to Daily Food Choices

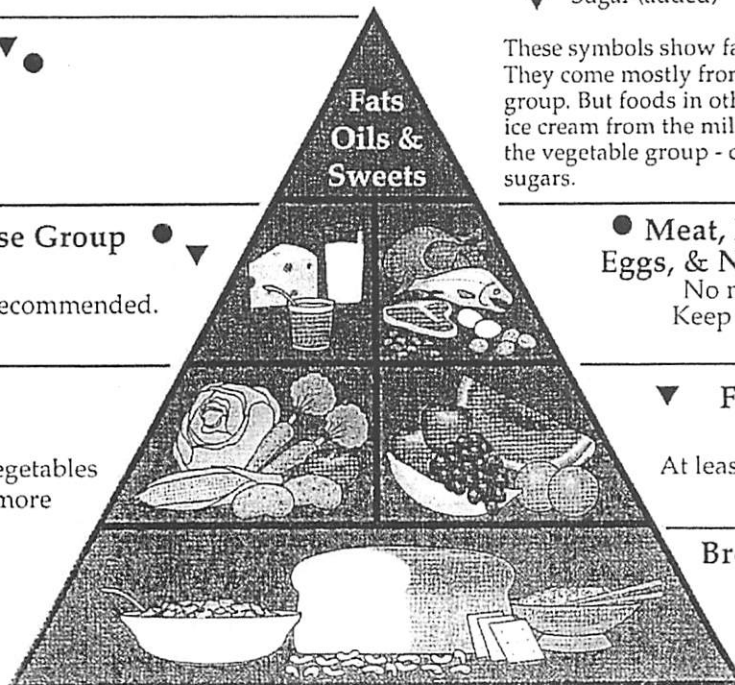
Key

- Fat (naturally occurring and added)
- ▼ Sugar (added)

Fats, Oils & Sweets ▼ ●
USE SPARINGLY

Milk, Yogurt, & Cheese Group ● ▼
2-3 SERVINGS
Skim or low-fat products recommended.

Vegetable Group ●
3-5 SERVINGS
Greens and dark orange vegetables should be included. Even more frequent servings may be beneficial



These symbols show fat and added sugars in foods. They come mostly from the fats, oils, and sweets group. But foods in other groups - such as cheese or ice cream from the milk group or french fries from the vegetable group - can also provide fat and added sugars.

● **Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group** - 2-3 SERVINGS
No more than 3-4 egg yolks/week.
Keep meat portions lean and small.,
3 to 6 ozs.

▼ **Fruit Group** - 2-4 SERVINGS
Benefits are well documented.
At least one serving should be citrus.

Bread, Cereal, Rice & Pasta Group ● ▼
6-11 SERVINGS
Whole grain, minimally processed is best.

DIET TIPS TO LOWER CHOLESTEROL

<u>TYPE OF FOOD</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
Milk & Cheese	Skim or 1% milk (liquid, dry, or evaporated), nonfat or low-fat yogurt, low-fat cottage cheese (1-2%), low-fat cheese (labeled no more than 6g fat per ounce).	Whole milk, regular evaporated condensed or chocolate milk, whole milk yogurt, imitation milk products, most non-dairy creamers, whipped toppings.
Fish, Meat & Poultry	Fish, tuna packed in water, poultry without skin, baked, boiled, broiled or roasted. LEAN, well-trimmed beef, lamb, pork or veal.	Fatty meats, organ meats, spareribs, regular cold cuts, sausage, hot dogs, bacon.
Eggs	Whites (2 whites = 1 whole egg in recipes), cholesterol-free egg substitutes.	Egg yolks (try not to have more than 3-4 a week, including what is used in recipes).
Breads & Cereals	Home-made baked goods using vegetable oils sparingly, and no egg yolks or whole milk. Whole-grain breads, pasta, rice, hominy grits.	Commercial baked goods; pies, cakes, doughnuts, pastries, croissants, muffins, biscuits, high-fat crackers and cookies.
Vegetables & Fruits	Any fresh, frozen, canned or dried fruits and vegetables.	Vegetables prepared in butter, cream, or other sauces.
Fats & Oils	Baking cocoa, unsaturated vegetable oils such as olive, rapeseed (canola), corn, sesame, soybean, sunflower. Margarines made from one of the oils listed above. Mayonnaise or salad dressing made with one of the oils listed above, seeds and nuts.	Chocolate! Butter, coconut oil, palm oil, palm kernel oil, lard, bacon fat.
Desserts	Fruit ices, sherbet, angel food cake, Jello, frozen low-fat yogurt, and cakes, cookies, and muffins made with fat and cholesterol-modifying recipes.	Pastries, ice cream, cookies, cheese cake.
Snacks	Graham crackers, rye crisp, soda crackers, melba toast, bagels, fruit, English muffins, ready-to-eat cereals, air-popped popcorn, pretzels.	Snack crackers, corn chips, potato chips, tortilla chips, cheese puffs, French fries.

LEARN TO READ LABELS

Learn to use food labels to help you eat less fat, especially saturated fat, in your daily meal plan.

1. Check serving size! All labels information is based on this.
2. The % of *daily values* column is based on a 2000 calorie diet and may be confusing if your intake is higher or lower.
3. Use the fat grams to calculate your desired intake.
4. Remember, to convert fat grams to calories, you multiply by 9.

EATING TIPS

NUTS: Tend to be high in fat, but the fat is usually unsaturated. Intake should be limited mainly because of calories.

SNACKS: Graham crackers, rye crisp, melba toast, soda crackers, vegetables are all good. Popcorn should be air popped.

DESSERTS: Fruits, low-fat yogurt, fruit ices, sherbet, angel food cake, jello, frozen low-fat yogurt, occasionally ice milk.

DINING OUT: Order entree, potatoes and vegetables with out sauces or butter. Choose vegetable or fruit salads and have the dressing served on the side. Limit high-fat toppings such as bacon, crumbled egg, cheese, sunflower seeds and olives.

HEALTHY SUBSTITUTES:

INSTEAD OF

Bacon
 Frying
 Sour cream on potato
 Buttering vegetables
 Fast food burger
 Nondairy creamers
 Chocolate
 Lean ground beef
 Meat every day

TRY

Canadian Bacon
 Baking, broiling, steaming
 Low-fat yogurt
 Herbs & lemon or lime
 Salad bar
 Nonfat milk
 Cocoa
 Lean trimmed round steak
 Meat 3 times a week or less

Nutrition Facts

Servings Size 1/2 cup (114g)

Servings Per Container 4

Amount Per Serving

Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugar 3g	
Protein 3g	

Vitamin A	80%	●	Vitamin C	60%
Calcium	4%	●	Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Fiber		25g	30g

Calories per gram:

Fat 9	●	Carbohydrates 4	●	Protein 4
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DEFINITIONS

CHOLESTEROL: A yellowish waxy material. Each cell contains a tiny amount. It is essential for the normal function of the cell. Your body makes some cholesterol "from scratch" to insure you never run out. Cholesterol travels through the blood stream which is essentially water. Cholesterol is waxy (lipid). Oil and water don't mix. Cholesterol collects in the blood vessels which can lead to blockage. Lipoproteins are like "detergents" which help dissolve lipids, but they cannot keep up with this process if too much cholesterol is ingested.

SATURATED FATS: Usually solid at room temperature. Most commonly found in animal products, they are also in such vegetable products as chocolate, coconut and vegetable products that have been hydrogenated (converted from a polyunsaturated to a saturated fat). Example: hydrogenated or partially hydrogenated vegetable shortening.

MONOUNSATURATED FATS: Usually liquid at room temperature. Found primarily in vegetable products. Present research indicates monounsaturated fats have a favorable effect on blood cholesterol when eaten in moderation.

POLYUNSATURATED FATS: Usually liquid at room temperature. Found primarily in vegetable products.

HIDDEN FAT: A number of ingredients do not contain the word "fat" in the names, but they are high in fat content, particularly saturated fat.

Examples: glycerol
hydrogenated shortening
lard
coconut and coconut oil
palm oil and palm kernel oil

These are often found in breads and crackers. A label which reads "Prepared with 100% vegetable oil" may in fact contain coconut, palm or palm kernel oils. Non-dairy creamers and whipped toppings often contain coconut oil.