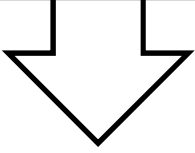


# Guidelines to improve your cholesterol

Lower  
your  
LDL



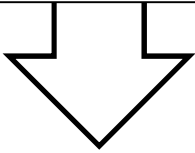
## Increase Fiber Intake

- Aim for 10 grams of fiber to lower your LDL
- Eat whole grains: whole grain bread, oat bran cereal, high fiber cereals, brown rice
- Choose crunchy fresh vegetables and nuts

## Add supplements

- Take 2 Cholest-Off soft gels twice a day with meals
- Take a fiber supplement (e.g. Fiber One products, Metamucil, Benefiber) - 1 or 2 servings per day

Lower  
your  
Triglycerides



## Eat more Omega-3 fatty acids

- Aim for 2-5 grams per day
- Eat fatty fish (e.g. salmon) 1-2 times per week
- Fish Oil/Omega-3 Fatty Acids Supplement (e.g. Nature Made 2400mg) daily may help

## Limit or avoid

- Commercially prepared baked goods
- Beverages and foods with added sugars such as soda and sweet teas

Overall  
cholesterol  
health

## Get plenty of exercise

- Aerobic exercise raises your HDL (the healthy cholesterol)

## Eat low-fat or non-fat dairy products and stay away from solid fats

- Choose low-fat or non-fat milk, yogurt, and cheese
- Use vegetable oil (olive, canola, grape seed) for cooking and soft margarine for table use
- Instead of frying—try boiling, baking, roasting, poaching, or steaming

## Eat lean sources of protein

- Try meat alternatives: fish, beans, peas, nuts, tofu or other soy products
- Choose lean meats, skinless poultry

## Limit or avoid

- Smoking or using tobacco products
- Eating out—especially at fast food restaurants

# Fiber

RDA Fiber (grams)	
Female	Male
21-25 grams	30-38 grams

*Fiber has been shown to have a wide range of health advantages. Foods that are high in fiber can help in the treatment of constipation, hemorrhoids and irritable bowel syndrome. Dietary fiber helps lower your cholesterol. It reduces your risk of coronary heart disease, type 2 diabetes and certain types of cancer. Eating fiber-rich foods aids in digestion, the absorption of nutrients and helps you to feel fuller longer after a meal (which helps curb overeating and thus weight gain).*

## Eat foods rich in fiber

- Choose at least 7 fresh fruits and vegetables per day or 2 cups of fruit and 2 ½ cups of vegetables per day. Eat whole fruits instead of fruit juices.
- Choose at least 3 whole grains per day such as breads, cereals and crackers with at least 5 grams of fiber per serving.

Foods Rich in Fiber				Fiber (grams)	Foods that contain very little fiber
<b>Grains</b>	Whole wheat spaghetti, cooled	1 cup	6.5	<ul style="list-style-type: none"> <li>• White bread, tortillas, pasta, white rice</li> <li>• Chicken, beef, cheese</li> <li>• Cucumbers</li> <li>• Grapes</li> <li>• Peanuts, walnuts</li> </ul>	
	Brown rice, cooked	1 cup	3.5		
	Popcorn, air-popped	3 cups	3.5		
	Oat bran muffin	1 med	5		
	100% whole wheat bread	1 slice	2		
	Mini-Wheats cereal	1 cup	6		
Oatmeal, cooked	1 cup	4			
<b>Beans</b>	Beans, cooked -black, kidney, pinto	½ cup	8		
	Beans, cooked –lima, white	½ cup	6		
<b>Vegetables</b>	Sweet potato	1 med	5		
	Green peas	½ cup	4.5		
	Broccoli	1 cup	4		
	Spinach	½ cup	3.5		
<b>Fruit</b>	Pear , with skin	1 med	5.5		
	Apple, with skin	1 med	4.5		
	Raspberries, blackberries	½ cup	4		
	Prunes	½ cup	4		
	Oranges	1 med	3		
	Strawberries	½ cup	1.5		
<b>Nuts</b>	Almonds	1 oz	3.5		
	Pistachios, pecans	1 oz	3		

## Start slowly.

When you first add fiber to your diet you may notice bloating, cramping or gas. Increase your consumption of fiber-rich foods slowly, by adding one serving to each meal until you reach your goal. Choose a variety of food options.

## Drink more fluids.

Be sure to drink more fluids when you increase the amount of fiber you eat. Liquids help your body digest fiber. Try to drink 8 glasses of no- or low-calorie beverages. Avoid carbonated beverages.

# Cholesterol Lab Results for:

**Acceptable**

Continue with a balanced diet and regular exercise.  
Repeat testing in 3-5 years.

**Borderline**

Follow *Guidelines to improve your cholesterol*  
Repeat testing in 12 months.

**Abnormal**

Follow *Guidelines to improve your cholesterol*  
Repeat testing in 6 months.

## Youth (up to age 19)

Cholesterol Panel	Total	HDL	LDL	TGL
Acceptable	< 170	45+	< 110	< 90
Borderline	170-199	40-44	110-129	90-129
Abnormal	200+	< 40	130+	130+

## Young Adults (age 20 and older)

Cholesterol Panel	Total	HDL	LDL	TGL
Acceptable	< 190	45+	< 120	< 115
Borderline	190-224	40-44	120-159	115-149
Abnormal	225+	< 40	160+	150+