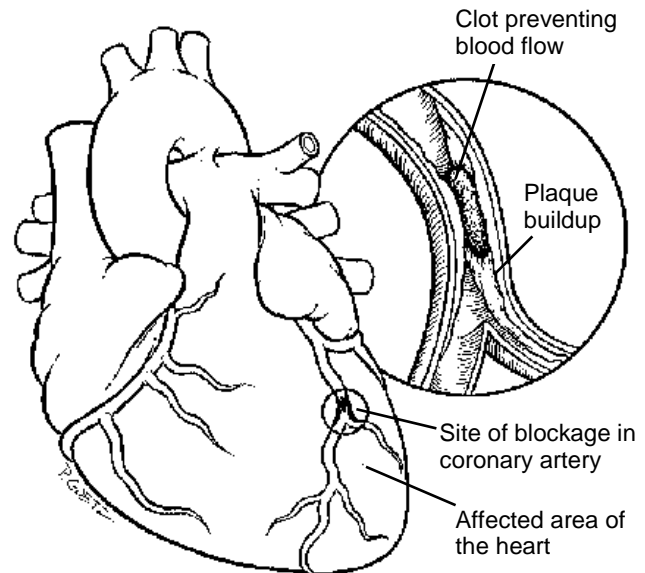


How Can I Lower High Cholesterol?

Too much cholesterol in the blood can lead to heart disease — America's number one killer. Even though there's much you can do to lower your cholesterol levels and protect yourself, half of all Americans still have levels that are too high (over 200 mg/dl).

You can reduce cholesterol in your blood by eating healthy foods, low in saturated fat and cholesterol, losing weight if you need to and exercising. Some people also need to take medicine because changing their diet isn't enough. Your doctor and nurses will help you set up a plan for reducing your cholesterol — and keeping your heart healthy!



Most heart disease is caused by a buildup of cholesterol, plaque (plak) and other fatty deposits in your heart's arteries. When the arteries that feed the heart become so clogged that the blood flow gets blocked, a heart attack can occur.

What should I eat?

Foods low in saturated fat include:

Foods

- Fruits and vegetables
- Whole grains, like cereal, rice and pasta
- Lean red meats and poultry without skin
- Low-fat or skim milk dairy products
- Lean fish and shellfish
- Beans and peas

Servings/Day

- 5 or more servings each day
- 6 or more servings a day
- Choose up to 6 total ounces per day
- 2–4 servings each day

What should I limit?

Foods high in saturated fat and cholesterol such as:

- Whole milk, cream and ice cream
- Butter, egg yolks and cheese — and foods made with them
- Organ meats like liver, sweetbreads, kidney and brain

- High-fat processed meats like sausage, bologna, salami and hot dogs
- Fatty red meats that aren't trimmed
- Duck and goose meat
- Bakery goods made with egg yolks and saturated fats

- Saturated oils like coconut oil, palm oil and palm kernel oil
- Solid fats like shortening, soft margarine and lard
- Fried foods

What are some cooking tips for me?

- Use a rack to drain off fat when you broil, roast or bake.
- Don't baste with drippings; use wine, fruit juice or marinade.
- Broil or microwave instead of pan-frying.
- Cut all the fat you can see off of any meat you cook, and take all the skin off chicken and turkey.
- Use a vegetable oil spray to brown or sauté foods.
- Serve smaller portions of dishes that have some fat, and serve bigger portions of

no-fat dishes like pasta, rice, beans and vegetables.

- Make recipes or egg dishes with egg whites, not yolks.
- Instead of regular cheese, use low-fat cottage cheese, part-skim milk mozzarella and other low-fat, and nonfat cheeses.
- Use AHA low-fat cookbooks and recipes.
- For cooking use unsaturated vegetable oils like canola, olive, safflower and sunflower oils in limited amounts

How can I learn more?

- Talk to your doctor, nurse or healthcare professional. Or call your local American Heart Association at 1-800-242-8721.

- If you have heart disease, members of your family also may be at higher risk. It's very important for them to make changes now to lower their risk.

Doctor Recommendations or Comments

Do you have questions or comments for your doctor?

- Take a few minutes to write your own questions for the next time you see your doctor.
For example:

What about eating out?

Why are weight control and physical

activity important?

Brought to you as an educational service by the American Heart Association Pharmaceutical Roundtable.



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