

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 whole grains such as whole wheat bread, oatmeal, barley 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, half and half, 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

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

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
- Avoid liver and other organ meats; eating shrimp occasionally is okay
- Limit intake of meat, poultry and fish to no more than 5 to 6 oz. per day

GOALS FOR DIETARY FATS, CHOLESTEROL AND FIBER INTAKE

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| For most men: | Total fat | 50-75 grams per day |
| | Saturated fat | 12-16 grams per day or less |
| | Cholesterol | under 200 mg per day |
| For most women: | Total fat | 40-60 grams per day |
| | Saturated fat | 10-12 grams per day or less |
| | Cholesterol | under 200 mg per day |
| For men and women: | <i>Trans</i> fat | 0-2 grams per day (<i>zero is best</i>) |
| | Fiber | 20-35 grams or more per day |