



## Your Nutrition Plan for High Cholesterol

When blood lipids are high, it's important to shift what you eat to foods that (1) won't increase lipids further; and (2) can help bind cholesterol in your body and take it out of your system – such as certain fibers like beans, peas, and barley. Follow the keys below to help reduce blood lipids:

1. Eat foods that are grilled or broiled – but not deep fat fried. For example, choose grilled chicken breast over fried chicken sandwiches. Keep red meats like hamburger, steak, or pork chops to 2-3 times per week.
2. Go easy on added butter, mayonnaise, salad dressings (oil-based dressings like Italian and vinaigrette are ok), and cream sauces.
3. Go easy on milk products high in saturated fat like whole milk, 2% milk, cheese, cheese sauces, ice cream, and regular-fat yogurt. Choose skim milk, nonfat or lowfat cottage cheese, smaller amounts of shredded cheese, nonfat yogurt, nonfat ice milk, nonfat frozen yogurt, and 1% milk.
4. Be aware that foods made with added fats can raise blood lipids, too. Foods like cookies, chocolate, cake, cheesecake, and other desserts are often high in saturated fat. Better choices are nonfat or lowfat frozen yogurt, ice milk, lower-fat cookies like Snackwells, Fig Newtons, and graham crackers.
5. Eat more “good fats” like salmon, tuna, flaxseeds, sunflower seeds, pumpkin seeds, peanut butter (especially the natural kind), peanuts, soy nuts, almonds, and walnuts.
6. Eat more “gummy” or soluble fibers like beans, peas, corn, barley, oatmeal, vegetarian baked beans, chili beans, hummus, most fruits, and veggies.
7. Keep whole eggs to 3 per week. The whites are fine – no saturated fat in the whites – but the yolks are high in saturated fat. When you cook, make scrambled eggs with all whites but one or an all-white omelet. Or buy Egg Beaters (made from egg whites).
8. Consider eating 2 servings per day of foods and products enhanced with stanol or sterol esters. Studies find 2 servings a day can lower “bad” cholesterol, or LDL in most people. Foods include Yoplait Heart Wise yogurt, Take Control margarine, Benecol margarine, Minute Maid Heart Wise orange juice, and certain varieties of rice milk.

## Sample Meal Plan for High Cholesterol

### Breakfast Ideas:

Egg white omelet with 1 T. of 2% shredded cheese and veggies  
Whole grain toast  
Heart Wise orange juice  
Fresh strawberries

Oatmeal with skim milk – add 1 T of ground flaxseeds  
1 whole grain bagel / little peanut butter and jelly  
Heart Wise orange juice

Whole wheat pancakes with oats added / made with egg whites  
Soy sausage patties  
Heart Wise orange juice

### Lunch and Dinner Ideas:

Turkey or tuna sandwiches on whole grain bread / light mayo, lettuce, and tomato  
Bean / veggie soup (i.e. Healthy Choice)  
Banana and tangerine  
Skim milk or soy milk

Veggie burgers on whole grain bun or grilled turkey burgers  
Salad with spinach or dark greens, extra veggies, beans, and Italian dressing  
Canned pears, peaches, or fruit cocktail  
Whole grain graham crackers  
Skim milk

Whole wheat pasta / 2 T. Benecol or Take Control / little grated Parmesan  
Grilled salmon, tuna, or chicken breast  
Side of mixed veggies (i.e. broccoli and cauliflower)  
Watermelon or fresh berries  
Heart Healthy yogurt

### Snack Ideas:

Almonds, peanuts, sunflower seeds, soy nuts, or walnuts  
Fresh fruit  
Homemade bean burritos – easy on the cheese – salsa ok  
Grilled chicken sandwiches  
Peanut butter and jelly sandwiches on whole grain bread  
Oatmeal or Quaker Oat Squares cereal  
Barley soup  
Whole grain pitas and hummus  
Fresh veggies  
Salads with tuna, salmon, or turkey  
Heart Wise juice or Heart Healthy yogurt