

# 5 Steps to Lowering Cholesterol

**Heart healthy eating is good for the whole family.  
Here are 5 steps to get you started.**

## **1) Exercise at least 60 minutes per day for a healthy weight and to raise good cholesterol**

- ❖ Ride a bike with a friend
- ❖ Swim, walk, or hike
- ❖ Play tag, basketball, or wiffle ball
- ❖ Take a walk with the family
- ❖ Jump rope or Skip-It®
- ❖ Help with yard work & household chores
- ❖ Join a sports team
- ❖ Limit screen time to ≤ 2 hours per day. This includes TV, videogames, and computers. If your child must use videogames, try Dance Dance Revolution®, which will provide exercise!

## **3) Increase Soluble Fiber**

- ❖ Eat 5-9 ½ cup servings of fruits & vegetables per day (NO juice)
  - Keep fresh cut vegetables in the refrigerator
  - Make fruit smoothies
  - Dip raw carrots in hummus
- ❖ Add cooked barley & beans, such as chickpeas or black beans, to soups and salads
- ❖ Snack on a handful or nuts

## **2) Choose more Healthy Fats to lower bad cholesterol and raise good cholesterol**

- ❖ Eat a handful of nuts for a snack or add it to cereal
- ❖ Cook with olive or canola oil
- ❖ Eat fatty fish, such as salmon, tuna, or trout, at least twice per week. Limit tuna and mackerel to 7 oz per week due to mercury
- ❖ Use olive oil and vinegar on salads
- ❖ Choose trans fat-free peanut butter crackers for a snack, but limit peanut butter to 1 tablespoon
- ❖ Eat more omega-3 rich foods, such as salmon, omega-3 enriched eggs, Barilla Plus® pasta, flax, and walnuts

## **4) Limit Trans Fats because they lower good cholesterol, while raising bad cholesterol**

- ❖ Avoid hydrogenated or partially hydrogenated oils – look in ingredients list
- ❖ Select items with zero trans fats
- ❖ Trans fats can be found in baked goods, crackers, and margarines

## 5) Limit items high in Saturated Fat and Cholesterol

Limit	Choose
Whole or 2% Milk	Fat free or 1% milk
Cheese	Reduced fat cheese ( $\leq 5$ g of fat/oz)
Beef	Chicken, turkey, or fish without skin (keep portions to 4 to 5 oz) Limit beef and pork to the size of a deck of cards (3 oz) - 1 per week
Eggs	Egg substitutes, egg whites, or omega-3 enriched eggs Limit egg yolks to 3 per week
High fat deli meats and hot dogs (bologna, salami, pepperoni)	Turkey breast, chicken breast, or lean ham
French Fries	Baked potato with a teaspoon of low fat sour cream or oven fries with $\leq 3$ g of fat/serving
Potato Chips, high fat crackers, microwave popcorn	Keep snacks to 100 calories and $\leq 3$ g of fat/serving with no trans fats
Mayonnaise	Low fat mayonnaise, mustard, or ketchup
Cream based salad dressings (ranch, blue cheese, Caesar)	Low fat oil based dressing or olive oil & vinegar
Ice cream, cakes, cookies	Sorbet or low fat ice cream
Butter, stick margarine, Crisco®, cream cheese	Trans fat free margarine, such as Smart Balance® Low fat or whipped cream cheese
Avoid tropical oils, such as palm, palm kernel and coconut (listed in the ingredients) - these are high in saturated fat which raises cholesterol levels.	

### Tips to Eating Out or Eating In

- ❖ Choose foods that are grilled, baked, steamed, or broiled
- ❖ Ask for dressings, sauces, and gravies on the side
- ❖ Avoid creamy dishes
- ❖ Bring home  $\frac{1}{2}$  of your meal
- ❖ Choose  $\frac{1}{2}$  a whole wheat bagel with light cream cheese instead of a donut or danish

### Websites to visit for more information

#### American Heart Association

<http://www.americanheart.org>

#### American Heart Association Recipes

<http://www.deliciousdecisions.org/>

#### Open the Door to a Healthy Heart

<http://www.healthyfridge.org/>

#### Kidnetic

<http://www.kidnetic.com/>