



Eat Your Way to Lower Cholesterol

LiveLifeWell

By reducing saturated and trans fat in your diet, and consuming more cholesterol-fighting foods, you can decrease the amount of harmful cholesterol in your blood. Read on for healthy eating tips to reduce your cholesterol!

Take Control of What You Eat

- **Limit your cholesterol intake to 200 milligrams or less per day.** Remember, cholesterol comes from animal products – both meat and dairy – so the more fruits, vegetables and grains you consume, the better.
- **Reduce saturated fat to no more than 7% of daily calories (about 16 grams per day).** Read labels, but don't rely solely on the Percent Daily Values listed. Those values are typically based on consumption for a person with low cholesterol who can eat slightly more saturated fat.
- **Add 5 grams to 10 grams of soluble fiber each day.** Include oats, beans, fruits and vegetables. Soluble fiber traps cholesterol in your digestive tract and helps push it out of the body before it's absorbed into the blood.
- **Vegetable oils, nuts and seeds are good for you.** They contain plant stanols and sterols, which prevent cholesterol from being absorbed into the blood. Find them in products at the supermarket – from margarines and spreads to orange juice. Make sure to consume 2 grams per day.

Get Free, Confidential Advice:

LiveLifeWell Registered Dietitian Christy Burkard can provide you with one-on-one advice about making healthy choices to lower your cholesterol. Call **847-937-5001** to schedule an appointment today!

A Little Substitution Goes a Long Way

Instead of...	Try...	Limit or completely avoid...
butter, lard, bacon drippings	soft tub margarine; olive, canola or corn oil	high-fat dressings, including mayo
steak, ground meat, sausage, bologna, ribs, pastrami, corned beef	skinless chicken or turkey, lean beef or pork, lamb, fish, beans, peas, or rice	organ meats like liver (it's low in fat, but high in cholesterol)
cheeses, whole milk, cream, non-dairy coffee creamers or whipped topping	1% or non-fat milk, low- or non-fat cheeses, and yogurts (< 3 grams of fat)	egg yolks (no more than 2 per week)
snack crackers, muffins, croissants	low-fat baked goods	most fried and fast foods
ice cream	sorbet, sherbet, fruit ices	doughnuts and pastries

Cut the Fat and Cholesterol – Not the Food!

The USDA recommends 2,000 calories for the average American daily diet. Unfortunately, that diet often consists of foods high in fat and cholesterol. Switching to a low-fat diet can reduce total fat by almost half, saturated fats by about two thirds and cholesterol by more than 60%. And, since fat is high in calories, choosing low-fat options means you can eat more food to make up the same 2,000 calories.

Breakfast	Snack	Lunch	Snack	Dinner
<ul style="list-style-type: none"> • 1 cup toasted oats cereal • 1 cup skim milk • 1 slice whole-wheat bread • 1 banana 	<ul style="list-style-type: none"> • 1 cinnamon raisin bagel with 1/2 ounce light cream cheese 	<ul style="list-style-type: none"> • turkey sandwich (3 ounces meat) on rye with lettuce • 1 orange • 3 fig snack bars • 1 cup skim milk 	<ul style="list-style-type: none"> • non-fat yogurt with fruit 	<ul style="list-style-type: none"> • 3 ounces broiled chicken breast • 1 medium baked potato • 1 tablespoon nonfat yogurt • 1/2 cup broccoli • 1 dinner roll • 1 cup skim milk