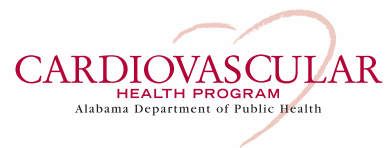


GUIDE TO LOWERING YOUR CHOLESTEROL

Half of all Americans have cholesterol levels that are too high. A person's risk of heart disease and stroke rises as blood cholesterol levels increase.

The good news is, you can make lifestyle changes to lower your cholesterol by eating foods low in saturated fat and cholesterol, losing weight if you need to and exercising 30 - 40 minutes on most days of the week. By lowering your blood cholesterol level, you'll cut your risk for heart disease and stroke!

Your ideal total blood cholesterol level should be 200 mg/dl or less and your LDL cholesterol level should be 100 mg/dl or less. A diet to lower your cholesterol includes foods from **MyPyramid** that are low in total fat, saturated fat, transfat, and cholesterol. **For a quick estimate of what and how much you need to eat and exercise, please visit www.mypyramid.gov**



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MyPyramid

| GRAINS Make half your grains whole | VEGETABLES Vary your veggies | FRUITS Focus on fruits | MILK Get your calcium-rich foods | MEAT & BEANS Go lean with protein |
|--|--|--|--|--|
| Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice or pasta every day. 1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal or 1/2 cup of cooked rice, cereal or pasta | Eat more dark-green veggies like broccoli, spinach and other dark leafy greens Eat more orange vegetables like carrots and sweet potatoes Eat more dry beans and peas like pinto beans, kidney beans and lentils | Eat a variety of fruit Choose fresh, frozen, canned or dried fruit Go easy on fruit juices | Go low-fat or fat-free when you choose milk, yogurt and other milk products If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages | Choose low-fat or lean meats and poultry Bake it, broil it or grill it Vary your protein routine - choose more fish, beans, peas, nuts and seeds |

FATS AND OILS

Serving size

- 1 teaspoon vegetable oil margarine
- 2 teaspoon diet margarine
- 1 tablespoon salad dressing
- 2 teaspoon mayonnaise or peanut butter
- 1 tablespoon seeds or nuts
- 1/8 medium avocado
- 10 small or 6 large olives

Choose oils and margarines with liquid vegetable oil as the first ingredient and no more than 2 grams of saturated fat per tablespoon. Examples are canola, corn, olive, safflower, soybean and sunflower oils.

Tips:

Use fats and oils sparingly! Use the ones lowest in saturated fat and cholesterol. Avoid animal sources of fat, shortenings, palm oil and coconut oil. They are very high in saturated fat – the type of fat that raises blood cholesterol levels.

Avoid Trans Fats:

Trans fats raise blood cholesterol levels and may increase risk of certain cancers. Trans fats may be high in processed baked goods such as cookies, cracker, and cakes. Buy only low-fat versions of these items (2 grams of fat or less per serving). The words “hydrogenated” or “partially hydrogenated” on the ingredient panel means trans-fats are present.

MILK AND DAIRY

Milks – 1 cup

- skim, fat-free, no-fat or non-fat
- 1/2% - 1% low-fat milk
- non-fat or low-fat dry milk powder
- evaporated skim or fat-free milk
- buttermilk made from fat-free or 1% fat milk
- non-fat or low-fat yogurt
- drinks made with fat-free or 1% fat milk and cocoa
- frozen low-fat yogurt

Low-fat cheeses – 1 ounce

- natural or processed cheeses with no more than 3 grams of fat per ounce and no more than 2 grams of saturated fat per ounce
- dry-curd or low-fat cottage cheese

Non-fat or low-fat ice cream

- no more than 3 grams of fat per 1/2 cup

MEAT, POULTRY, FISH AND EGGS

Limit to six ounces per day cooked lean meat, poultry or fish.

A serving size is about 3 ounces – about the size of a deck of playing cards. Try to eat 1-2 servings of fish every week.

Liver may be eaten once a month. All other organ meat (heart, chittlens and kidney) should be avoided.

Fish and shellfish – Choose any (shrimp and crayfish are higher in saturated fat than other fish, but they have less saturated fat than most meats and poultry).

Poultry – Choose chicken, hen and turkey with the skin removed.

Lean beef – Choose cuts including round, chuck, loin or sirloin. Choose lean or extra lean ground beef.

Lean ham, lean pork – Use tenderloin and loin chop cuts.

Wild game – Choose deer (venison), rabbit or duck (without the skin). These usually have less fat than store-bought versions. Warning: sausage and ground meat made from these may have fat added.

Luncheon meats – Choose low-fat turkey, chicken, turkey ham, turkey pastrami or lean boiled ham.

Eggs – Eggs are high in cholesterol, but low in saturated fat. Limiting eggs to about 3 per week (including those in cooked items) is recommended.

Tips for cooking:

Instead of frying, prepare meats by baking, broiling, roasting, grilling, microwaving or stir-frying.

FRUITS AND VEGETABLES

A serving is not as big as you think – 1 medium piece of fruit, 1/2 cup of fruit or cooked vegetable, 1 cup raw vegetable (salad), 6 ounces of vegetable juice or 100% fruit juice or 1/4 cup dried fruit.

Choose from all fruits and vegetables except coconut which is high in saturated fat.

Prepare cooked vegetables without animal fat.

Use herbs and spices in place of fat for seasoning.

BREADS, CEREALS, PASTA, DRIED PEAS/BEANS AND STARCHY VEGETABLES

Choose items with 2 grams of fat or less per serving.

Breads and rolls – 1 slice, 1/2 bun, bagel

- Wheat, rye, raisin or white bread, English muffins, hotdog and hamburger buns, bagels, pita bread and corn tortillas

Crackers and snacks – 1 ounce serving

- Animal and graham crackers, soda and saltine crackers, fig bar, ginger snaps, bread sticks, popcorn and pretzels

Hot or cold cereals – 1/2 cup hot, 1 oz. ready to eat cereal

- All kinds (granola type may be high in fat)

Muffins, pancakes, biscuits, and cornbread – 1 small, 2 inch cube

- Make with heart healthy recipes and ingredients

Starchy vegetables – 1/4 to 1/2 cup

- Potatoes, corn, peas, lima beans, dried peas/beans and sweet potatoes

Rice and pasta – 1/2 cup

- All kinds

