






Heart Healthy Tips to Help Lower Your Family's Cholesterol

How can I keep my family's cholesterol at a healthy level?

Learning that your child or someone in your family has elevated cholesterol levels may raise some concern regarding what your family can eat. Follow these tips to keep your family's cholesterol at a healthy level.

- Read labels so that you can limit harmful fats and include more healthy fats in your diet.






Type of Fat	Food Sources	Heart Health Effects
Saturated Fats <ul style="list-style-type: none">• Cholesterol• Trans Fat 	<ul style="list-style-type: none">• Fatty Meats• Butter/Margarine• High Fat Dairy• Palm oil• Coconut	Increases Bad Cholesterol (LDL)
Polyunsaturated Fats <ul style="list-style-type: none">• Omega 3's 	<ul style="list-style-type: none">• Liquid Vegetable oils• Canola oil,• flaxseed• walnuts,• Fatty fish like tuna and salmon	Lowers bad cholesterol Omega 3's appear to have protective factors
Monounsaturated Fats 	<ul style="list-style-type: none">• Olive oil• Canola oil• Nuts	Lowers bad cholesterol

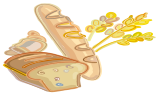



- Increase the amount of fiber your family eats. Soluble fiber will help lower cholesterol levels. Examples include: Oatmeal, Oat bran, Beans, Barley, Citrus fruits.

- Avoid soda and sugary fruit drinks because excess sugar will be transformed into fats
- Get plenty of exercise! Exercise will help improve cholesterol levels.

What foods should my family eat?

Foods to Choose More and Less Often

Foods	Choose More Often 	Choose Less Often 
Meat, Poultry, Fish & Shellfish 	Poultry without skin, lean cuts of meat with fat trimmed away, fish, and shellfish *Aim for fatty fish 2x week such as salmon, tuna, blue fish, rainbow trout, sardines, anchovies	Fatty cuts of meat such as bacon, sausage, salami, bologna, and organ meat, fried fish, chicken and shellfish
Eggs and Dairy Products 	Egg whites, egg substitutes, skim or 1% milk, low-fat or nonfat yogurt or cheeses *Children over the age of two don't need whole milk	Egg yolks, whole milk or 2% milk, Regular cheeses (Limit eggs to 3 egg yolks per week)
Fats and Oils 	Tub margarines (choose ones that are higher in monounsaturated fat), Low fat or non-fat salad dressings or mayonnaise, olive oil, canola oil, seeds, nuts, and flax seed *Try ground flax seed daily	Butter, lard, bacon fat, shortening, full fat salad dressing, coconut, palm or palm kernel oil
Breads, Cereals,	Whole grain breads, cereal,	White breads, High fat

<p>Pasta, Rice, Dry Peas, & Beans</p> 	<p>pasta, and rice, dry peas, and beans</p> <p>* Aim for 3 servings of whole grains daily</p>	<p>crackers, granola type cereals, pasta, rice, beans served with cream, butter or cheese sauces</p>
<p>Vegetables</p> 	<p>Fresh or Frozen vegetables served plain or with lemon juice</p> <p>*Color, Color, Color!</p>	<p>Vegetables prepared with cheese, butter or cream sauces, Fried veggies such as French Fries and Onion Rings</p>
<p>Fruits</p> 	<p>Fresh, frozen canned or dried fruit</p> <p>*Color, Color, Color!</p>	<p>Fried fruits, Hawaiian Punch, Juices</p>
<p>Sweet and Snacks</p> 	<p>Low-Fat Frozen yogurt, baked chips, Air popped popcorn, pretzels</p> <p>* Remember that these foods are low fat but still contain calories and carbs</p>	<p>Donuts, High fat frozen desserts, Chips, Candy and baked goods</p>

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