

Nutrition: High Cholesterol Nutrition Therapy



WHY WAS NUTRITION THERAPY PRESCRIBED?

A plan called Therapeutic Lifestyle Changes (TLC) can help people who have high amounts of cholesterol in their blood. Following the TLC plan can help reduce the LDL cholesterol (also called “bad” cholesterol) in your blood. Too much LDL can form plaque in your arteries. This puts you at risk for heart attack or stroke.

HDL cholesterol (sometimes called “good” cholesterol) helps rid your body of LDL cholesterol. To keep your HDL at a good level, choose heart-healthy fats, such as vegetable fats (olive oil, canola oil, vegetable oils, nuts, and seeds). Exercise also helps keep your HDL at the best level.

KEYS TO TLC.

THE TLC PLAN SUGGESTS THAT YOU:

- Limit saturated fats and trans fats:
 - Foods high in saturated fats include marbled (fatty) meat, poultry skin, bacon, sausage, whole milk, cream, and butter.
 - Trans fats are found in stick margarine, shortening, some fried foods, and packaged foods made with hydrogenated oils.
 - If you eat these foods, have them only once in a while and in small amounts. Instead of butter or stick margarine, try reduced-fat, whipped, or liquid spreads.
- Limit the amount of cholesterol that you eat to less than 200 milligrams (mg) per day. Foods high in cholesterol include egg yolks (one egg yolk has about 212 mg of cholesterol), fatty meat, whole milk, cheese, shrimp, lobster and crab.

- Eat more omega-3 fats (heart-healthy fats):
 - Coldwater, oily fish are good sources of omega-3 fats. Choices include salmon, tuna, mackerel, and sardines. Aim to eat fish twice a week.
 - Other foods with omega-3 fats include walnuts and canola and soybean oil.
 - Flaxseed is another source of omega-3 fats. Have it as flaxseed oil or ground flaxseed. (The whole seeds pass through your body without heart-healthy effects.)
- Keep the total amount of fat that you eat (including heart-healthy fats) to 25% to 35% of the calories that you eat. If you should eat 2,000 calories per day, your fat intake can be between 50 and 75 grams per day.
- Get 20 to 30 grams of dietary fiber per day. Fruits, vegetables, whole grains, and dried beans are good sources of fiber:
 - Aim for 5 cups of fruits and vegetables per day.
 - Have 3 ounces of whole grain foods every day.
- Plan more plant-based meals, using beans and soy foods for protein. For example, eat a soy burger instead of a hamburger. Make chili or casseroles with beans instead of ground meat.
- Talk with your dietitian or doctor about what a healthy weight is for you. Set goals to reach and maintain that weight.
- Talk with your health care team to find out what types of physical activity are best for you. Set a plan to get about 30 minutes of exercise on most days.

RECOMMENDED FOODS.

Food Group	Recommended Foods
Grains	<ul style="list-style-type: none"> ● Whole grain breads and cereals, including oats and barley ● Pasta, especially whole wheat or other whole grain types ● Brown rice ● Low-fat crackers and pretzels
Vegetables	<ul style="list-style-type: none"> ● Fresh, frozen, or canned vegetables without added fat or salt
Fruits	<ul style="list-style-type: none"> ● Fresh, frozen, canned, or dried fruit
Milk	<ul style="list-style-type: none"> ● Nonfat (skim), ½%-fat, or 1%-fat milk or buttermilk ● Nonfat or low-fat yogurt or cottage cheese ● Fat-free and low-fat cheese
Meat and Other Protein Foods	<ul style="list-style-type: none"> ● Lean cuts of beef and pork (loin, leg, round, extra lean hamburger) ● Skinless poultry ● Fish ● Venison and other wild game ● Dried beans and peas ● Nuts and nut butters ● Meat alternatives made with soy or textured vegetable protein ● Egg whites or egg substitute ● Cold cuts made with lean meat or soy protein
Fats and Oils	<ul style="list-style-type: none"> ● Unsaturated oils (olive, peanut, soy, sunflower, canola) ● Soft or liquid margarines and vegetable oil spreads ● Salad dressings ● Seeds and nuts ● Avocado

FOODS NOT RECOMMENDED.

Food Group	Foods Not Recommended
Grains	<ul style="list-style-type: none"> ● High-fat bakery products, such as doughnuts, biscuits, croissants, danish pastries, pies, cookies ● Snacks made with partially hydrogenated oils, including chips, cheese puffs, snack mixes, regular crackers, butter-flavored popcorn
Vegetables	<ul style="list-style-type: none"> ● Fried vegetables ● Vegetables prepared with butter, cheese, or cream sauce
Fruits	<ul style="list-style-type: none"> ● Fried fruits ● Fruits served with butter or cream
Milk	<ul style="list-style-type: none"> ● Whole milk ● 2%-fat milk ● Whole milk yogurt or ice cream ● Cream ● Half-&-half ● Cream cheese ● Sour cream ● Cheese
Meat and Other Protein Foods	<ul style="list-style-type: none"> ● Higher-fat cuts of meats (ribs, t-bone steak, regular hamburger) ● Bacon ● Sausage ● Cold cuts, such as salami or bologna ● Corned beef ● Hot dogs ● Organ meats (liver, brains, sweetbreads) ● Poultry with skin ● Fried meat, poultry, and fish ● Whole eggs and egg yolks
Fats and Oils	<ul style="list-style-type: none"> ● Butter ● Stick margarine ● Shortening ● Partially hydrogenated oils ● Tropical oils (coconut, palm, and palm kernel oils)

SAMPLE 1-DAY MENU.

Breakfast	<ul style="list-style-type: none"> ● ½ cup apple juice ● ¾ cup oatmeal with 1 small banana and 1 cup skim milk ● 1 cup brewed coffee
Lunch	<ul style="list-style-type: none"> ● Turkey and cheese sandwich: 2 slices whole wheat bread, 2 ounces lean deli turkey breast, 1 ounce low-fat swiss cheese, mustard, 1 medium sliced tomato, shredded lettuce ● 1 pear ● 1 cup skim milk
Evening Meal	<ul style="list-style-type: none"> ● 3 ounces broiled fish ● 1 cup brown rice with 1 teaspoon soft margarine ● 1 medium stalk broccoli and 1 medium carrot ● Tossed salad with mixed greens, tomatoes, chickpeas, and olive oil and vinegar dressing ● 1 small whole grain roll with 1 teaspoon soft margarine ● 1 cup tea ● ½ cup nonfat frozen yogurt with fruit
Snacks	<ul style="list-style-type: none"> ● 1 ounce trail mix made with nuts, seeds, raisins, and other dried fruit ● 1 cup blueberries ● 1 cup skim milk

ADDITIONAL RESOURCE.

More in-depth information on TLC is available at:

http://www.nhlbi.nih.gov/health/public/heart/chol/chol_tlc.htm

CLIENT NAME : _____ DATE : _____

DIETITIAN / DIETETIC TECHNICIAN : _____

PHONE : _____ EMAIL : _____