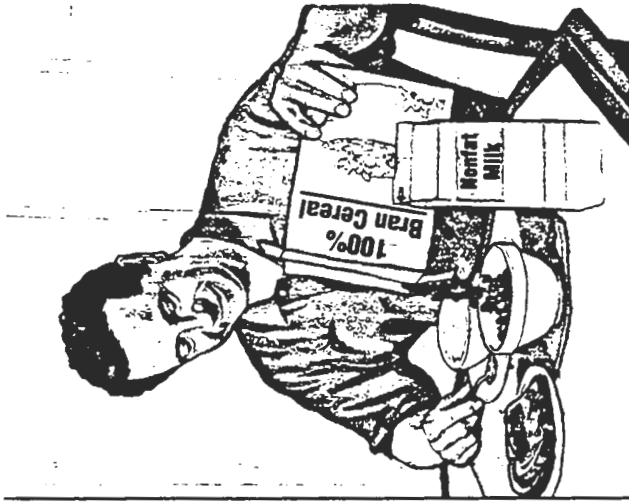
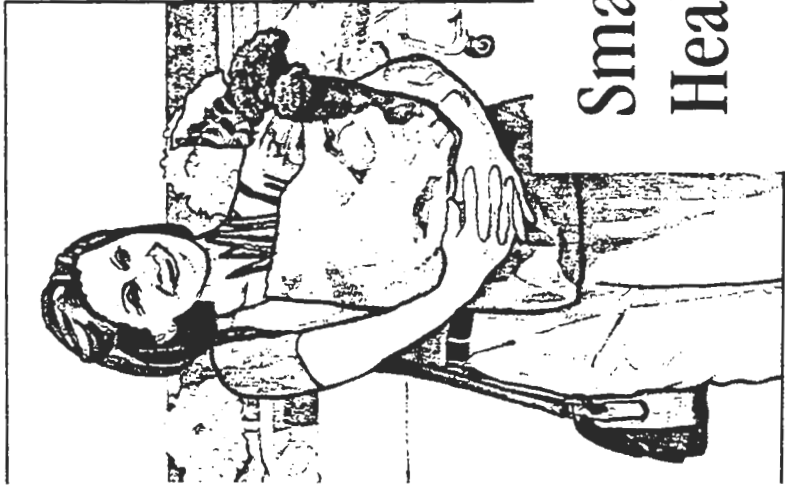


Controlling Your Cholesterol



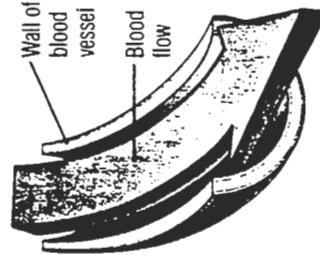
Small Steps to
Healthier Eating

Get Smart About Cholesterol

Is your cholesterol too high? If it is, you could be heading for a heart attack or stroke without knowing it. This is especially true if you have other risk factors for heart disease. That's why you need to get smart about cholesterol and take steps to reduce it. This booklet will show you easy ways to change your eating habits to help lower your cholesterol.

High Cholesterol Is a Risk to Your Health

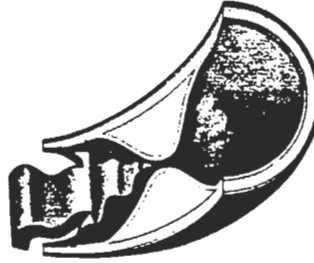
Why is high cholesterol a problem? Cholesterol is a waxy substance that travels in your bloodstream. The higher your cholesterol is, the more likely some cholesterol will build up in the walls of your blood vessels. This makes the blood vessels narrower. When the vessels get narrow, blood flow decreases. Then you could have a heart attack or a stroke.



Blood flows easily when the blood vessels are clear.



Less blood flows when cholesterol builds up in the walls of the blood vessels.



Blood flow can stop when blood vessels become blocked. Then a heart attack or stroke may occur.

What Your Cholesterol Numbers Mean

Your cholesterol can be checked by a blood test. The results tell you how much total cholesterol you have in your blood. You may also get numbers for LDL and HDL cholesterol.

▼ **Total cholesterol** includes LDL and HDL cholesterol, as well as other fats in the bloodstream. Total cholesterol should be less than 200.

My total cholesterol is: _____

▼ **LDL** (sometimes called bad cholesterol) builds up in the walls of the blood vessels. For most people, LDL cholesterol should be 130 or less. Ask your health care provider what your goal should be.

My LDL cholesterol is: _____

▼ **HDL** (sometimes called good cholesterol) helps rid the body of excess cholesterol. HDL cholesterol should be 35 or higher.

My HDL cholesterol is: _____



How great a risk your cholesterol numbers are depends on other risk factors you may have for heart attack and stroke.

These risk factors include:

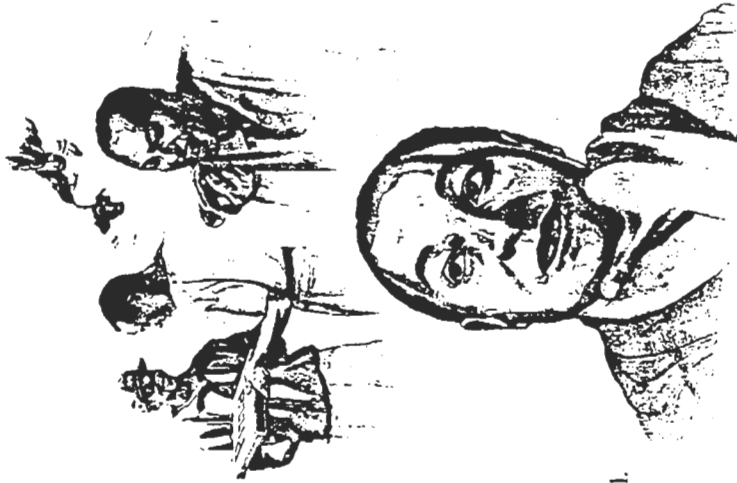
- lack of exercise
- smoking
- high blood pressure
- diabetes
- family history of heart attack or stroke before age 55
- age (over 45 for men, over 55 for women)

Your health care provider can discuss your cholesterol numbers and other risk factors with you.

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How Much Fat Do You Eat?

You can start getting smart about cholesterol by looking at how much fat you eat. That's because the more fat you eat, the more cholesterol your body makes. And the more cholesterol you have, the more likely it is to narrow your blood vessels—and lead to heart attack or stroke.



Ask Yourself These Questions

- | | YES | NO |
|--|--------------------------|--------------------------|
| Do I eat a lot of hamburgers, pizza, and other fast foods? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do I drink whole milk or eat cheese or ice cream often? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do I eat fatty meats, such as steaks, ribs, or hot dogs? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do I often eat fried foods? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do I put gravy or cream sauces on my food? | <input type="checkbox"/> | <input type="checkbox"/> |

The more "YES" boxes you checked, the more fat and cholesterol you eat—and the more likely you are to have high cholesterol.

What You Can Do

You can start to lower your cholesterol by making small changes in the way you eat. As you read this booklet, you'll find tips for:

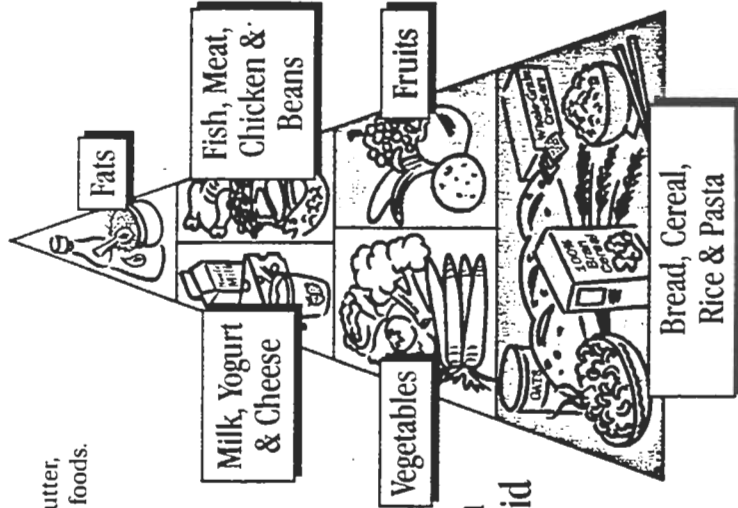
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- Healthy Food Shopping..... 8
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Changing the Way You Eat

If your total cholesterol is high, eating less fat is the first step to trying to lower it. You can use the food pyramid to help you cut down on fat. Choose more foods from the bottom half of the pyramid. These foods are lower in fat and cholesterol. Make fewer choices from foods in the top half of the pyramid. These foods are higher in fat and cholesterol.

Make Fewer Choices from the Top of the Pyramid

- ▼ Limit the amount of fats such as butter, margarine, and oil that you add to foods.
- ▼ Use only nonfat or low-fat dairy products, such as 1% milk.
- ▼ Limit fish, chicken, and meat to 4 to 6 ounces a day. Of these, eat fish most often. Choose chicken or turkey breast. Look for red meat with little visible fat.
- ▼ Eat dried beans or tofu instead of meat several times a week.



Make More Choices from the Bottom of the Pyramid

- ▼ Eat at least 5 servings of fruits and vegetables a day. Include them at each meal, or eat them as snacks. Many are high in fiber, which helps lower cholesterol.
- ▼ Build your meals around bread, cereal, rice, pasta, and other grains. Choose high-fiber, whole-grain bread and cereal, corn tortillas, and brown rice.

Tips for Low-Fat Meals

Low-fat foods can be easy to prepare. And since they can taste just as good as high-fat foods, everyone can enjoy the same meals. Start by planning your meals before you shop. Be sure to include at least 5 servings of vegetables and fruits a day. And try to think of fish, chicken, and meat as side dishes. Here are some ideas to help you plan low-fat meals.

Breakfast

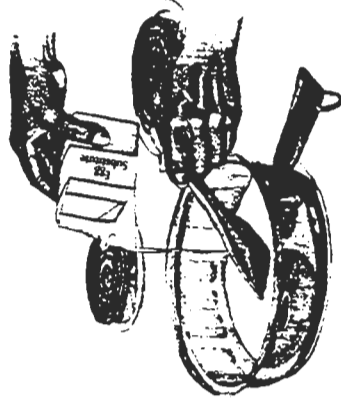
Choose from healthy foods such as these:

From the bottom of the pyramid

- ▼ Fresh fruit or 100% fruit juice
- ▼ Oatmeal or rice porridge, or whole-grain cold cereal
- ▼ Whole-wheat toast or bagel with jam or reduced-fat cream cheese
- ▼ Rice with steamed vegetables
- ▼ Corn tortillas with black or other whole beans

From the top of the pyramid

- ▼ 1 cup 1% or nonfat milk or 8 oz. nonfat yogurt
- ▼ Egg whites or egg substitute scrambled in nonslick cooking spray or a little tub margarine



Snacks and Desserts

Choose from healthy foods such as these:

- ▼ Fresh, dried, or baked fruit
- ▼ English muffin or bagel
- ▼ Pretzels or reduced-fat crackers
- ▼ Air-popped popcorn, plain or with herb seasoning
- ▼ All-juice frozen fruit bar
- ▼ Angel food cake or graham crackers
- ▼ Reduced-fat or nonfat pudding, ice cream, or yogurt



Lunch or Dinner

Choose from healthy foods such as these:

From the bottom of the pyramid

- ▼ Green salad or pasta and vegetable salad with 1 teaspoon each oil and vinegar or 2 tablespoons fat-free creamy dressing
- ▼ Vegetable, minestrone, or bean soup
- ▼ Spaghetti with meatless tomato sauce and 1 oz. parmesan cheese
- ▼ Beans cooked with onions, garlic, and peppers
- ▼ Rice, baked potato, whole-wheat bread, pita pocket, plain roll, or corn tortillas
- ▼ Sliced fresh vegetables, or steamed or lightly sautéed vegetables

From the top of the pyramid

- ▼ 3 oz. stir-fried tofu, lean pork, or skinned chicken
- ▼ 1 chicken burrito with whole beans and reduced-fat cheese or sour cream
- ▼ 3 oz. baked, broiled, or steamed fish, or 3 oz. grilled flank steak
- ▼ 3 oz. water-packed tuna, or 3 oz. roast turkey or chicken



Steps I Could Take

Think of some low-fat meal ideas you could try. Write them here.

I can have a bagel and orange juice for a quick breakfast.

Tips for Healthy Food Shopping

When you go grocery shopping, make a list. Write down what you need to buy to make low-fat meals. Use the pyramid to help you make healthy choices. And read food labels to compare the canned, packaged, and frozen products you buy. Then choose the ones that are lower in fat and cholesterol.

Making Healthy Choices

Here are some tips for using the pyramid to make healthy choices.



Fats

Choose canola oil or olive oil; light margarine, mayonnaise, and salad dressing. **Stay away from** foods made with coconut or palm oil.



Milk, Yogurt & Cheese

Choose nonfat or 1% milk; nonfat yogurt; reduced-fat cheese and ice cream. **Stay away from** cream, whole milk, and powdered creamers.



Fruits & Vegetables

Choose fresh fruits and vegetables or plain frozen vegetables. **Limit** olives, avocados, and coconut. They are high in fat.



Fish, Meat, Chicken & Beans

Choose fish; white-meat chicken and turkey; dried beans; tofu; lean cuts of meat. **Stay away from** bacon, liver, and high-fat luncheon meats.

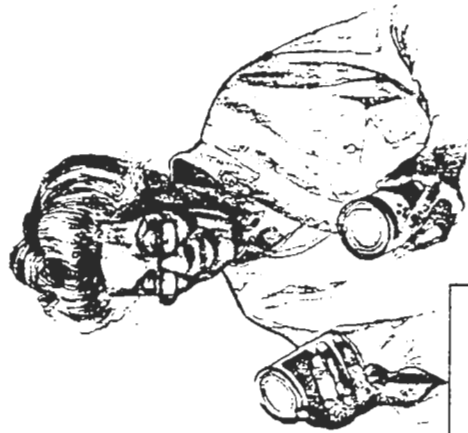


Bread, Cereal, Rice & Pasta

Choose whole-grain bread, cereal, and pasta; rice; pizzels or fat-free crackers. **Stay away from** donuts, muffins, and pastries.

Reading Food Labels

Another way to choose low-fat foods is to read food labels. Find the box that says "Nutrition Facts." It's usually on the side of the can or box. Check the serving size. Then look at the numbers for total fat, saturated fat, and cholesterol. Choose foods with lower numbers.



Serving Size

The amount of fat and cholesterol listed on the label is based on the serving size. If you eat more than the serving size, you eat more fat and cholesterol.

Nutrition Facts	
Serving Size 1 cup Servings Per Container 2	
Amount per serving	
Calories 140	Calories from Fat 10
% Daily Value	
Total Fat 1 g	2%
Saturated Fat .5 g	3%
Cholesterol 15 mg	5%

Total Fat

Choose foods with less total fat.

Cholesterol

The less cholesterol, the better. Eating cholesterol can raise your cholesterol level. Your daily total for cholesterol should be less than 300 mg.

Saturated Fat

Look for products that have little saturated fat. Saturated fat raises your cholesterol level the most. It is found mostly in foods that come from animals.

Steps I Could Take

Think of steps you could take to buy low-fat foods. Write them here.

I can buy tuna packed in water instead of oil.

Tips for Low-Fat Cooking

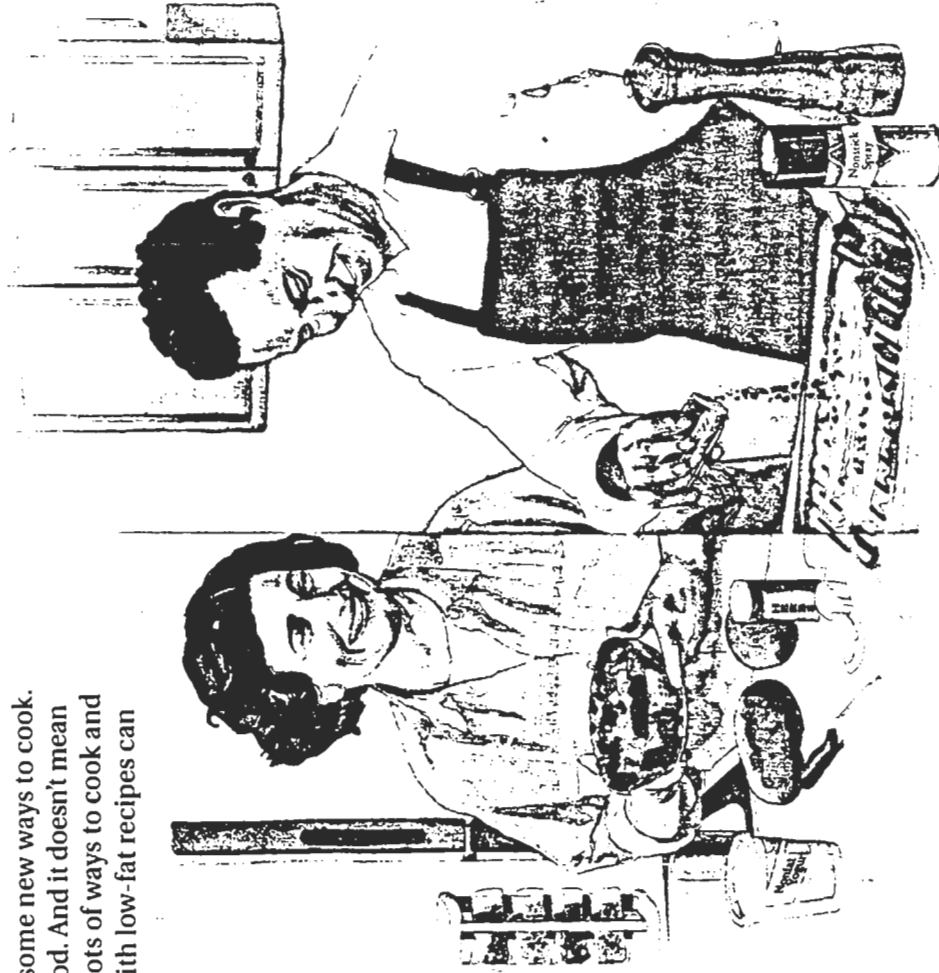
Cooking with less fat may mean learning some new ways to cook. But it doesn't mean eating bland, boring food. And it doesn't mean spending hours in the kitchen. There are lots of ways to cook and season foods using less fat. A cookbook with low-fat recipes can help. So can using the tips below.

Try New Cooking Methods

- ▼ Broil, roast, bake, steam, or microwave fish, chicken, turkey, and meat.
- ▼ Remove skin from chicken and turkey and trim extra fat from meat before cooking.
- ▼ Cook in wine or broth instead of fat.
- ▼ Use nonstick pans or nonstick cooking spray.
- ▼ Steam or microwave vegetables without adding fat. Serve with herbs or nonfat, butter-flavored powder.
- ▼ Chill soups and stews. Then skim off the fat before reheating and serving.
- ▼ When you use fat, use canola or olive oil instead of butter or lard. And use as little as you can.

Add Flavor Without Fat

- ▼ Sprinkle herbs on fish, chicken, and meat, and in soups.
- ▼ Try herbs, lemon juice, or flavored vinegar on vegetables.
- ▼ Add chopped onions, garlic, and peppers to flavor beans and rice.



Lighten Up Your Recipes

- ▼ Replace whole milk or cream in soups and sauces with 1% milk or evaporated skimmed milk.
- ▼ Replace cream in desserts with fat-free condensed milk.
- ▼ Use low-fat cottage cheese or reduced-fat sour cream to make dips and toppings.
- ▼ Use nonfat yogurt or low-fat buttermilk in salad dressings.
- ▼ Use 2 egg whites in place of 1 whole egg.
- ▼ Use fat-free or reduced-fat cheese in place of high-fat cheese.

Steps I Could Take

Think of steps you could take to use less fat when you cook. Write them here.

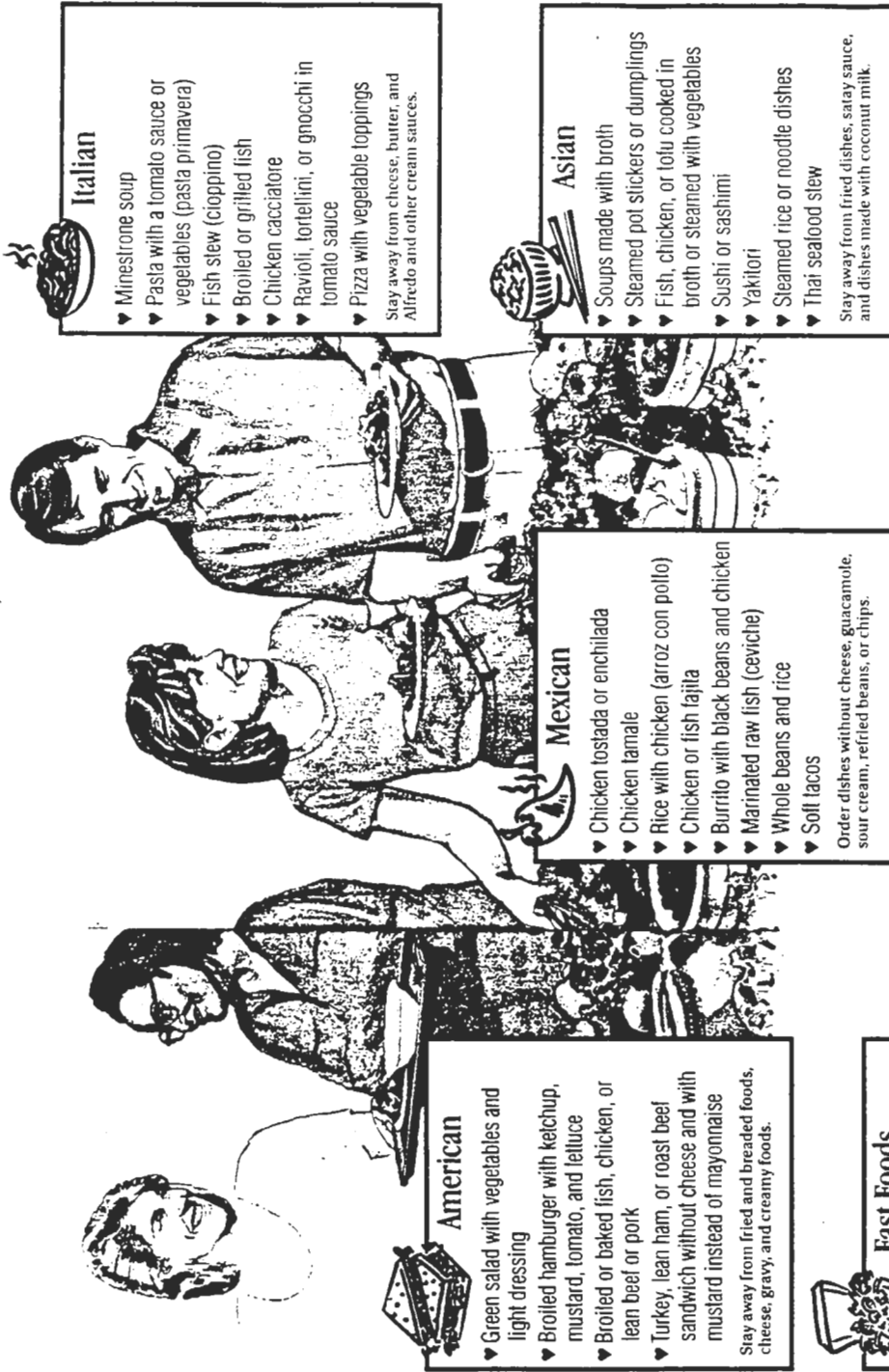
I can broil fish and season it with herbs.

Tips for Healthy Eating Out

Eating out can still be fun when you choose dishes with less fat and cholesterol. You just need to think before you order. Many menus highlight healthy, low-fat items. But if you can't find what you want, ask. Here are some tips for ordering tasty low-fat meals out.

When You Order

- ▼ Ask questions. Explain to the waiter or waitress what you want.
- ▼ Look for foods that are broiled, roasted, poached, or steamed.
- ▼ Ask for a baked or boiled potato, or steamed rice, without butter.
- ▼ Choose soups made with broth.
- ▼ Order salad dressings and sauces on the side and use only a little.
- ▼ Eat half the main dish and take the rest home.
- ▼ Share a main dish and order a salad or extra vegetables.
- ▼ At the salad bar, choose lettuce, beans, plain fresh vegetables, and fruit. Use low-fat or fat-free salad dressing, or vinegar and a little oil.



Italian

- ▼ Minestrone soup
- ▼ Pasta with a tomato sauce or vegetables (pasta primavera)
- ▼ Fish stew (cioppino)
- ▼ Broiled or grilled fish
- ▼ Chicken cacciatore
- ▼ Ravioli, tortellini, or gnocchi in tomato sauce
- ▼ Pizza with vegetable toppings

Stay away from cheese, butter, and Alfredo and other cream sauces.

Asian

- ▼ Soups made with broth
- ▼ Steamed pot stickers or dumplings
- ▼ Fish, chicken, or tolu cooked in broth or steamed with vegetables
- ▼ Sushi or sashimi
- ▼ Yakitori
- ▼ Steamed rice or noodle dishes
- ▼ Thai seafood stew

Stay away from fried dishes, satay sauce, and dishes made with coconut milk.

Mexican

- ▼ Chicken tostada or enchilada
- ▼ Chicken tamale
- ▼ Rice with chicken (arroz con pollo)
- ▼ Chicken or fish fajita
- ▼ Burrito with black beans and chicken
- ▼ Marinated raw fish (ceviche)
- ▼ Whole beans and rice
- ▼ Soft tacos

Order dishes without cheese, guacamole, sour cream, refried beans, or chips.

American

- ▼ Green salad with vegetables and light dressing
- ▼ Broiled hamburger with ketchup, mustard, tomato, and lettuce
- ▼ Broiled or baked fish, chicken, or lean beef or pork
- ▼ Turkey, lean ham, or roast beef sandwich without cheese and with mustard instead of mayonnaise

Stay away from fried and breaded foods, cheese, gravy, and creamy foods.

Fast Foods

- ▼ Broiled or grilled chicken sandwich
- ▼ Broiled hamburger
- ▼ Soft tacos
- ▼ Chicken or whole-bean burrito
- ▼ Garden salad with light or fat-free dressing
- ▼ Baked potato with chives

Stay away from fried and breaded foods, cheese, shakes, hash browns, bacon, sausage, eggs, mayonnaise, and creamy dressings and toppings.

Steps I Could Take

Think of steps you could take to order low-fat dishes. Write them here.

I can have a broiled hamburger and a salad with fat-free dressing.

Other Ways to Stay Healthy

Eating less fat and cholesterol is a big step to staying healthy. It helps lower your cholesterol. It can also help you lose weight. Excess weight is linked to high cholesterol, high blood pressure, and diabetes. There are other changes you can make, too, to help stay healthier. Exercising, stopping smoking, and reducing stress all help lower your risk of heart attack and stroke.

Be Active

Being active can help you control your weight and reduce your risk of heart attack and stroke. Walking, swimming, and riding a bike are some good ways to be active.

- ▼ Start where you feel comfortable. Increase your time and pace a little each week.
- ▼ Work up to 30 minutes on most days. You can break this up into three 10-minute periods.
- ▼ To prevent injury, start out slowly. Wear sturdy shoes if you walk.
- ▼ Slow down or stop if you feel pain, are short of breath, or become very tired.
- ▼ Remember, some activity is better than none.

Steps I Could Take

Think of steps you could take to get more exercise. Write them here.

I can take a brisk walk on my lunch hour.

If You Smoke

Smoking lowers your good HDL cholesterol. It also damages the lining of the blood vessels. There is really only one way to lower this risk: **stop smoking**. Talk to your health care provider about a stop-smoking program.



If You Have High Blood Pressure

High blood pressure wears down the lining of the blood vessels. Exercising, maintaining a healthy weight, and eating less salt can help lower your blood pressure and reduce your risk of heart attack and stroke.



If You Have Diabetes

High blood sugar (diabetes) can damage the walls of the blood vessels. Controlling your weight, exercising, and eating a healthy low-fat diet can all help control diabetes and reduce your risk of heart disease.



If You're Under Stress

Stress can increase blood pressure and heart rate. This causes damage to blood vessels. Finding ways to relax and setting limits on what you try to do can help reduce stress. Doing so can lower your risk of heart attack and stroke.

Medications for Lowering Cholesterol Levels

If eating less fat and exercising don't lower your cholesterol levels enough, your doctor may prescribe medication. Be sure to take it as directed. And continue to follow the tips in this booklet.

Taking the First Steps

Managing your cholesterol starts with making some simple changes in the way you eat. That doesn't mean eating bland food or spending more time preparing meals. You just need to make a plan. You can do it. Here are some steps you can take:

- ▼ Choose most of the foods you eat from fruits, vegetables, bread, cereal, rice, and pasta. Eat less fat, meat, and high-fat dairy products.
- ▼ Read labels when you shop. Pick the foods with less fat.
- ▼ Cook with less fat. Use more herbs and spices instead.
- ▼ Order low-fat dishes when you eat out.

My Action Plan

To start your action plan, look back through the booklet at the steps you thought you could take. Choose one or two you'd like to do now. Write them in the space below.



K R A M E S
COMMUNICATIONS

Consultants:

Barbara Felling, RD, MS
Susan Lebe, RD, MS

With contributions by:

Cathy Black, RNC, MSN
Kent Smith, MD, Cardiology