Your Nutrition Plan for High Cholesterol

When blood lipids are high, it’s important to shift what you eat to foods that
(1) won’t increase lipids further; and (2) can help bind cholesterol in your
body and take it out of your system – such as certain fibers like beans,
peas, and barley. Follow the keys below to help reduce blood lipids:

1. Eat foods that are grilled or broiled – but not deep fat fried. For example,
   choose grilled chicken breast over fried chicken sandwiches. Keep red
   meats like hamburger, steak, or pork chops to 2-3 times per week.
2. Go easy on added butter, mayonnaise, salad dressings (oil-based
dressings like Italian and vinaigrette are ok), and cream sauces.
3. Go easy on milk products high in saturated fat like whole milk, 2% milk,
   cheese, cheese sauces, ice cream, and regular-fat yogurt. Choose skim
   milk, nonfat or lowfat cottage cheese, smaller amounts of shredded
   cheese, nonfat yogurt, nonfat ice milk, nonfat frozen yogurt, and 1% milk.
4. Be aware that foods made with added fats can raise blood lipids, too.
   Foods like cookies, chocolate, cake, cheesecake, and other desserts are
   often high in saturated fat. Better choices are nonfat or lowfat frozen
   yogurt, ice milk, lower-fat cookies like Snackwells, Fig Newtons, and
   graham crackers.
5. Eat more “good fats” like salmon, tuna, flaxseeds, sunflower seeds,
pumpkin seeds, peanut butter (especially the natural kind), peanuts, soy
   nuts, almonds, and walnuts.
6. Eat more “gummy” or soluble fibers like beans, peas, corn, barley,
oatmeal, vegetarian baked beans, chili beans, hummus, most fruits, and
   veggies.
7. Keep whole eggs to 3 per week. The whites are fine – no saturated fat in
   the whites – but the yolks are high in saturated fat. When you cook, make
   scrambled eggs with all whites but one or an all-white omelet. Or buy Egg
   Beaters (made from egg whites).
8. Consider eating 2 servings per day of foods and products enhanced with
   stanol or sterol esters. Studies find 2 servings a day can lower “bad”
   cholesterol, or LDL in most people. Foods include Yoplait Heart Wise
   yogurt, Take Control margarine, Benecol margarine, Minute Maid Heart
   Wise orange juice, and certain varieties of rice milk.
Sample Meal Plan for High Cholesterol

Breakfast Ideas:
Egg white omelet with 1 T. of 2% shredded cheese and veggies
Whole grain toast
Heart Wise orange juice
Fresh strawberries

Oatmeal with skim milk – add 1 T of ground flaxseeds
1 whole grain bagel / little peanut butter and jelly
Heart Wise orange juice

Whole wheat pancakes with oats added / made with egg whites
Soy sausage patties
Heart Wise orange juice

Lunch and Dinner Ideas:
Turkey or tuna sandwiches on whole grain bread / light mayo, lettuce, and tomato
Bean / veggie soup (i.e. Healthy Choice)
Banana and tangerine
Skim milk or soy milk

Veggie burgers on whole grain bun or grilled turkey burgers
Salad with spinach or dark greens, extra veggies, beans, and Italian dressing
Canned pears, peaches, or fruit cocktail
Whole grain graham crackers
Skim milk

Whole wheat pasta / 2 T. Benecol or Take Control / little grated Parmesan
Grilled salmon, tuna, or chicken breast
Side of mixed veggies (i.e. broccoli and cauliflower)
Watermelon or fresh berries
Heart Healthy yogurt

Snack Ideas:
Almonds, peanuts, sunflower seeds, soy nuts, or walnuts
Fresh fruit
Homemade bean burritos – easy on the cheese – salsa ok
Grilled chicken sandwiches
Peanut butter and jelly sandwiches on whole grain bread
Oatmeal or Quaker Oat Squares cereal
Barley soup
Whole grain pitas and hummus
Fresh veggies
Salads with tuna, salmon, or turkey
Heart Wise juice or Heart Healthy yogurt

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