

## Cholesterol Lowering Diet

For those of you that need to lower your cholesterol, read on. Not all fats are going to raise your cholesterol. Some fats are beneficial.

There are two main types of potentially harmful dietary fats:

- **Saturated fat.** This type of fat comes mainly from animal sources of food, such as red meat, poultry, and full-fat dairy products. Saturated fats raise high-density lipoprotein (HDL or "good") cholesterol and low-density lipoprotein (LDL or "bad") cholesterol levels, which may increase your risk of cardiovascular disease.
- **Trans fat.** This type of fat occurs naturally in some foods in lesser amounts. But most trans fats are made from oils through a food processing method called partial hydrogenation. These partially hydrogenated trans fats can increase total blood cholesterol, LDL cholesterol and triglyceride levels, but lower HDL cholesterol. This can increase your risk of cardiovascular disease.

Most fats that have a high percentage of saturated fat or that contain trans-fat are solid at room temperature. Because of this, they are typically referred to as solid fats. They include beef fat, pork fat, butter, coconut oil, shortening and stick margarine.

### Healthier fats

The potentially helpful types of dietary fat are primarily unsaturated fats:

- **Monounsaturated fatty acids.** This type of fat is found in a variety of foods and oils. Studies show that eating foods rich in monounsaturated fatty acids instead of saturated fats improves blood cholesterol levels, which can decrease your risk of heart disease and may also help decrease the risk of type 2 diabetes.
- **Polyunsaturated fatty acids.** This type of fat is found mostly in plant-based foods and oils. Evidence shows that eating foods rich in polyunsaturated fatty acids instead of saturated fats improves blood cholesterol levels, which can decrease your risk of heart disease and may also help decrease the risk of type 2 diabetes.
- **Omega-3 fatty acids.** One type of polyunsaturated fat is made up of mainly omega-3 fatty acids and may be especially beneficial for heart health. Omega-3, found in some types of fatty fish, appears to decrease the risk of coronary artery disease. There are plant sources of omega-3 fatty acids. However, it has not yet been determined whether replacements for fish oil — plant-based or krill — have the same health effects as omega-3 fatty acid from fish.

Foods made up mostly of monounsaturated and polyunsaturated fats are liquid at room temperature, such as canola oil, olive oil, safflower oil, peanut oil, sunflower oil and corn oil.

Fish high in omega-3 fatty acids include salmon, tuna, trout, mackerel, sardines, and herring. Plant sources of omega-3 fatty acids include flaxseed (ground), oils (canola, flaxseed, soybean), and nuts and other seeds (walnuts, butternuts, and chia seeds).

## Recommendations for fat intake

Because some fats are potentially helpful and others are potentially harmful to your health, it pays to know which ones you are eating and whether you are meeting recommendations.

The 2015-2020 Dietary Guidelines for Americans offers the following recommendations about fat intake:

- Avoid trans-fat.
- Limit saturated fat to less than 10 percent of calories a day.
- Replace saturated fat with healthier monounsaturated and polyunsaturated fats.\*

\*Source: Mayo Foundation for Medical Education and Research (MFMER).

## [Things To Do That Lower Your Cholesterol](#)

1. Increase your physical activity, i.e., walk
2. Lose weight
3. Avoid sweets to lower your triglycerides
4. Avoid marbled meats to lower your LDL (“bad”) cholesterol
5. Reduce the amount of food you eat. Even a 10 percent reduction in portion size will make a difference
6. Avoid snacking

## [Cholesterol Lowering Foods That Are Good for You](#)

1. Foods rich in Omega 3 fatty acids such as wild caught salmon, mackerel, and tuna or alternatively fish oil pills with Omega 3 fatty acids.
2. Fresh produce including vegetables (such as okra, eggplant, carrots, and potatoes) and fruits (such as apples and oranges). Vegetables can be eaten raw or steamed
3. Almonds limited to 6 whole almonds a day. Limit other plain nuts to 1 tablespoon twice per week
4. Avocados

5. Beans (especially dried beans) and legumes (such as black beans, black-eyed peas, garbanzo beans (chickpeas), kidney beans, lentils, lima beans, pinto beans, and split peas)
6. Blueberries
7. Dark leafy greens
8. Garlic
9. Orange juice without added sugar
10. Red wine (limit to two 4-ounce glasses a week)
11. Soy sauce which may be used on meats and steamed vegetables
12. Tomatoes
13. Oats such as oatmeal (the old-fashioned oatmeal; avoid using butter and sugar with it)
14. Use the following freely: vinegar, spices, herbs, nonfat Boullion, mustard, Worcestershire sauce, soy sauce, and flavor essences such as vanilla or lemon extract
15. Black coffee (decaffeinated), herbal tea, diet soda, and water may be used freely

#### [High Cholesterol Foods To Limit or Avoid](#)

1. Bacon and bacon drippings
2. Egg yolks (egg whites are OK, but limit egg yolks to 2 per week)
3. Cheese
4. Shellfish (clams, crab, shrimp, etc.)
5. Red meat unless it is pasture raised instead of feed lot beef. Also avoid highly marbled (fatty) beef
6. Lean pork limited to one serving (4 ounces) every two weeks
7. Processed meats such as sausage, hot dogs, and luncheon meats
8. Sardines
9. Low fat yogurt limited to two times a week
10. Fried foods
11. "Fast" foods
12. Desserts except for fruit
13. Trans fats such as margarine, partially hydrogenated oils, shortening and lard