

Name:

Date:

Heart Healthy Diet List

Low Cholesterol and Triglyceride

What are cholesterols and triglycerides?

Cholesterol and triglycerides are separate types of lipids that circulate in the blood.

- Triglycerides store unused calories and provide your body with energy.
- Cholesterol is produced naturally by the liver and is used to build and maintain cells.

There are two main types of cholesterol:

- ✗ LDL (bad cholesterol), helps in plaque formation and contribute to atherosclerosis.
- ✓ HDL (good cholesterol), helps in removing excess cholesterol from plaques and thus slow plaque formation.

Why are lipids important to manage?

High level of triglycerides combined with low HDL cholesterol or high LDL cholesterol is linked with fatty buildups in artery walls increasing the risk of heart attack, stroke and diabetes.

Safe blood lipid levels

Total Cholesterol	100-220 mg/dL
HDL	>40 mg/dL
LDL	100-140mg/dL
Triglycerides	50-200 mg/dL

Risk factors

- ✗ Obesity
- ✗ Large waist circumference
- ✗ Diabetes
- ✗ Poor diet
- ✗ Smoking
- ✗ Lack of exercise

Prevention

- ✓ Limit the amount of animal fats
- ✓ Maintain a healthy weight
- ✓ Quit smoking
- ✓ Exercise on most days of the week for at least 30 minutes
- ✓ Increase your fiber intake

Not Recommended

Vegetable	Vegetables that are fried or served with cheese, cream sauce, or butter
Grains	Breads and cereals that contain saturated fat or trans fats (doughnuts, biscuits, croissants) Commercially prepared muffins, pastries, pies, cookies, or cakes
Fruits	Fruits that are fried or served with cheese, cream sauce, or butter
Milk & Dairy Products	Whole-fat dairy products, such as whole milk, 2% milk, regular cheese, cream, ice cream
Eggs	Fried eggs
Meat, Poultry & Fish	Lean cuts of meat, such as prime cuts of beef, ribs, steaks, regular hamburger Bacon or sausage Hot dogs Most cold cuts, such as salami and bologna Chicken or other poultry with skin on Calamari, cuttlefish, sea urchin, fried fish Commercially fried poultry, fish, meats
Fats & Oils	Butter Stick margarine Lard Coconut oil, palm kernel oil, or palm oil Hydrogenated oil (the source of trans fats)
Alcohol	All (beer, wine, vodka, mixed drinks with alcohol...)
Others	Fried Falafel Sugar, brown sugar, corn syrup, honey Cakes, candies, cookies, and dessert snack foods Sweetened beverages Sweets that are fried, prepared with butter or whole fat milk Jam, honey, chocolate, molasses Halawa Chips, crackers

Recommended Food	
Vegetable	Fresh, Raw, Frozen, Canned Vegetable
Grains	Whole grain, high-fiber breads Oatmeal and oat products Barley Brown rice Whole grain, high-fiber breakfast cereals Whole wheat pasta
Beans & Legumes	Different kinds of beans, peas & legumes
Fruits (3 medium fruits/week)	Fresh, Canned or Frozen
Milk & Dairy Products	Low fat milk & milk products
Eggs	No recommendations Preferably up to 8 eggs/ week
Meat, Poultry & Fish (Boiled or Grilled)	Lean cow meat Skinless chicken breast Tuna, crab, lobster, oyster, octopus, anchovy, clam
Fats & Oils	Canola oil Olive oil Corn/Sunflower oil Tahina Peanut butter Avocado
Others	Nuts & Seeds in moderation* Ice popsicles



