# Controlling your cholesterol (and triglyceride) levels

Your physician has told you that your blood cholesterol level is too high. It may be that your triglyceride level is also too high. You can take action!



# **EAT HEALTHY**



BE ACTIVE 30 min.



YOUR WEIGHT



DO NOT SMOKE

Find out in this leaflet how EATING HEALTHY, one of the "4 winning strategies", can help improve your results and avoid or reduce medication.

# Adopt winning choices

A varied diet, rich in vegetables and fruit, whole grain products, lower fat milk products, lean meat, poultry and meat substitutes such as fish, legumes, tofu, nuts and seeds, is recognized as being very efficient in improving cholesterol levels.

Such a diet compares with the Mediterranean diet that is recognized as being very good for the heart in general. Turn to the back for more information on winning choices.

# 2 Manage your fat intake

# Limit trans fat, saturated fat and dietary cholesterol

Contrary to popular belief, it is not the cholesterol contained in food that mostly increases the level of cholesterol in the blood. A diet rich in trans fat and saturated fat is more often responsible for such an increase.

Trans fat is found in commercially prepared products containing partially hydrogenated oil or vegetable oil shortening such as high fat baked goods, fried foods, snack foods, etc.

Saturated fat and cholesterol are mostly found in animal products such as high-fat dairy products and meat. Fancy meats, egg yolks, shrimp and squid are other important sources of cholesterol.



# Choose unsaturated fat

Besides being essential for your health, unsaturated fat (monounsaturated and polyunsaturated) helps control the levels of cholesterol in the blood. Major sources of unsaturated fat are oils, non-hydrogenated margarine, nuts, seeds and avocado. Eat them regularly but in moderation, especially if you must control weight gain.

Polyunsaturated fat of the **omega-3** family is also recognized as being beneficial to the heart.

The best sources of omega-3 are fatty fish such as salmon, trout, mackerel, sardines, and herring, as well as ground flaxseed and flaxseed oil. It is also found in lesser quantity in canola oil, walnuts, soy and derived products (tofu, soy beverages, roasted soy beans), as well as in some omega-3 enriched foods (eggs and milk beverages).

# 3 Eat more fibre

Fibre is found only in foods of vegetable origin, like whole grain products, vegetables, fruit and legumes.

A certain kind of fibre, called "soluble" can help bring blood cholesterol down when eaten regularly. It is found mostly in psyllium, ground linseed, bran and oatmeal, legumes, barley and certain pectin-rich fruit such as tomatoes, apples, oranges, strawberries, pears, etc.

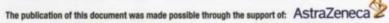
And don't forget to drink water regularly to allow the fibre to do its job!

# And if your triglyceride level is too high...

- Reduce your intake of sugarrich foods such as desserts (cake, cookies, pastries, etc.), chocolate, soft drinks, and sweets (candy, white sugar, honey, syrup, etc.).
- Reduce your alcohol consumption as much as possible.
- Eat sources of omega-3 fat every day
- Reduce your weight, if necessary.







# Choosing the right foods

# Vegetables and Fruit

Fat 7 to 10 servings a day.

Choose whole grain versions. products.

### Meat and **Alternatives**

Choose low-fat Vary the sources of protein.

### Fat

Choose higher quality fat while reducing the quantity.

# Vegetables often as possible snacks.

and

desserts

meals,

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Foods to choose

for

GOOD CHOICES

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and fruit: fresh, frozen, canned. dried, sauce. Served as is, in soups, salads, with dips, as brochette, in recipes...

Don't forget dark green and orange vegetables.

Whole wheat and whole grain bread. rusks and pasta

Brown rice

Cereal with 2 g or more of fibre per 30 g serving (or 4 g per 55 g)

Oatmeal

Oat bran

Psyllium

Small low-fat muffins made with whole wheat, bran or oats

No-fat popcorn

### Milk and yogourt with 1% or less M.F.

Light cheese with

15% or less M.F.

Enriched soy beverages

### Non-breaded fish

Legumes (peas, beans, lentils, chick peas) and tofu

Chicken, turkey and other poultry (skin removed)

Low-fat meat, with no visible fat

Seafood, except for shrimp and squid

Soy-based meat substitutes

Egg whites

Nuts\* and seeds\*

100% natural peanut butter\*

### Canola oil\*, olive oil\* and nut oil\*

Vinaigrettes made from these oils\*

Non-hydrogenated margarine\*

## These foods contain beneficial fat but are high in calories. They should be eaten in moderation.

You may also use lower-fat versions of some of these foods to better manage your fat and calorie intake.

# possible as often as should CHOI that nonetheless be replaced GOOD interesting afternatives good choices"

CONSUMPTION

fat,

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high fat

Occasionally These choices are 0

trans

fat,

saturated

100% fruit juice

Tomato or vegetable juice

Sherbet made with fruit purée

White bread and pasta

White rice

Breakfast cereal with less than 2 g of fibre per 30 g

Soda crackers, melba toast, rice cakes and other crackers with 3 g or less of fat per serving

Non-coated cereal bars

Angel food cake or sponge cake

Cookies containing 5 g or less of fat per serving

Pretzels

Milk with 2% M.F.

Yogourt between 1% and 3% M.F.

Cheese between 16% and 20% M.F.

Frozen milk or yogurt, low-fat ice cream

Pudding made with partially skimmed milk

Lower fat deli (chicken or turkey breast, lean ham, roast beef)

Peanut butter\* (regular or light)

Egg yolks (maximum of 2 or 3 a week)

Shrimp and squid

Soybean oil\*, corn oil\*, sunflower oil\*, safflower oil\*, etc.

Vinaigrettes made from these oils\*

Mayonnaise\*

# fried vegetables especiall Chips and other cholesterol snack foods

"very

French fries or other

High-fat baked goods such as croissants. danishes, pies, pastries, doughnuts, cake muffins

Crackers with over 3 g of fat per

Coated cereal bars

Cookies with more than 5 g of fat per serving

Milk with 3.25% M.F.

Yogourt with 3% or more M.F.

Cheese with more than 20% M.F.

ice cream

Breaded or fried chicken or fish

Meat with visible fat

High-fat deli meats (bacon, sausages, salami, páté)

Skin of poultry, chicken wings

Meat pie, quiche and chicken or salmon pie

Fancy meats (liver, kidney, sweetbread, brain) Butter

Cream, sour cream

Whipped cream

Sauces made with butter or cream

Shortenina

Coconut oil, palm oil, palm-kernel oil

Fat and lard

Margarine made with hydrogenated oil

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