



Be Heart Healthy about Cholesterol



Too much cholesterol circulating in the blood will cause the build-up of plaque and fatty deposits in the heart and blood vessels. When the arteries and blood vessels get clogged with fatty deposits, blood flow is reduced. If a blockage forms in one of the vessels around the heart, a heart attack occurs. If a blood clot blocks an artery leading to the brain, a stroke occurs.

How do I know what my cholesterol level is?

For the most accurate measurement, your healthcare provider will need to draw blood work on you while you are fasting for at least six hours; black coffee and water are okay during this time. By the age of 20 years, everyone should be screened for cholesterol at least every 5 years. People of higher risk may need to be screened earlier and more often. Your cholesterol level is affected by your diet, weight, physical activity level, gender and age (risk increases at 45 years for men and 55 years for women), and heredity.

What do my cholesterol levels mean?

	Optimal	Possibly at Risk	At Risk
Total Cholesterol:	Less than 200 mg/dL	200-239 mg/dL	Above 240 mg/dL
HDL (Good):	Above 60 mg/dL	40-59 mg/dL	Less than 40 mg/dL
LDL (Bad):	Less than 100 mg/dL	100-159 mg/dL	160-189 mg/dL

****LDL above 190 mg/dL is considered High Risk**

Tips for lowering Cholesterol

1. Eat a healthy diet. Limit red meat, sugary foods, and sugary beverages. Eat more fruits and vegetables. Eat only whole grains and low fat milk products.
 - a. Bad Fats = Saturated Fats, Trans Fats
 - b. Better Fats = Monounsaturated Fats, Polyunsaturated Fats
2. Keep a healthy weight.
3. Increase your physical activity. Exercises increases good cholesterol and reduces bad cholesterol. For most adults, moderate to vigorous aerobic activity for 40 minutes, 3-4 times per week is sufficient. Any amount of exercise, no matter how small, is better than none.
4. Take cholesterol medications as prescribed by your healthcare provider.

Ways to Lower Cholesterol in the diet:

1. Cut off visible fat from meat before cooking; remove the skin from poultry
2. Broil, roast or bake instead of pan frying.
3. Don't baste with drippings; use wine, fruit juice or marinade instead.
4. Eat smaller serving sizes of higher-fat dishes and bigger portions of lower-fat dishes like fruits and vegetables.
5. Try cooking with heart healthier ingredients. Check out the list of ingredient substitutions below.

If your recipe calls for:

Try substituting this:

Bacon

Canadian bacon, turkey bacon, smoked turkey or lean prosciutto (Italian ham)

Bread, white

Whole-grain bread

Bread crumbs, dry

Rolled oats or crushed bran cereal

Butter, margarine, shortening or oil in baked goods

Applesauce or prune puree for half of the called-for butter, shortening or oil; butter spreads or shortenings specially formulated for baking that don't have trans fats
Note: To avoid dense, soggy or flat baked goods, don't substitute oil for butter or shortening. Also don't substitute diet, whipped or tub-style margarine for regular margarine.

Butter, margarine, shortening or oil to prevent sticking

Cooking spray or nonstick pans

Cream

Fat-free half-and-half, evaporated skim milk

Cream cheese, full fat

Fat-free or low-fat cream cheese, Neufchatel, or low-fat cottage cheese pureed until smooth

Eggs

Two egg whites or 1/4 cup egg substitute for each whole egg

Flour, all-purpose (plain)

Whole-wheat flour for half of the called-for all-purpose flour in baked goods **Note:** Whole-wheat pastry flour is less dense and works well in softer products like cakes and muffins.

Fruit canned in heavy syrup

Fruit canned in its own juices or in water, or fresh fruit

Ground beef

Extra-lean or lean ground beef, ground chicken breast or turkey breast (make sure no poultry skin has been added to the product)

<i>Lettuce, iceberg</i>	Arugula, chicory, collard greens, dandelion greens, kale, mustard greens, spinach or watercress
<i>Mayonnaise</i>	Reduced-calorie mayonnaise-type salad dressing or reduced-calorie, reduced-fat mayonnaise
<i>Meat as the main ingredient</i>	Three times as many vegetables as the meat on pizzas or in casseroles, soups and stews
<i>Milk, evaporated</i>	Evaporated skim milk
<i>Milk, whole</i>	Reduced-fat or fat-free milk
<i>Oil-based marinades</i>	Wine, balsamic vinegar, fruit juice or fat-free broth
<i>Pasta, enriched (white)</i>	Whole-wheat pasta
<i>Rice, white</i>	Brown rice, wild rice, bulgur or pearl barley
<i>Salad dressing</i>	Fat-free or reduced-calorie dressing or flavored vinegars
<i>Seasoning salt, such as garlic salt, celery salt or onion salt</i>	Herb-only seasonings, such as garlic powder, celery seed or onion flakes, or use finely chopped herbs or garlic, celery or onions
<i>Soups, creamed</i>	Fat-free milk-based soups, mashed potato flakes, or pureed carrots, potatoes or tofu for thickening agents
<i>Soups, sauces, dressings, crackers, or canned meat, fish or vegetables</i>	Low-sodium or reduced-sodium versions
<i>Sour cream, full fat</i>	Fat-free or low-fat sour cream, plain fat-free or low-fat yogurt
<i>Soy sauce</i>	Sweet-and-sour sauce, hot mustard sauce or low-sodium soy sauce
<i>Sugar</i>	In most baked goods you can reduce the amount of sugar by one-half; intensify sweetness by adding vanilla, nutmeg or cinnamon
<i>Syrup</i>	Pureed fruit, such as applesauce, or low-calorie, sugar-free syrup
<i>Table salt</i>	Herbs, spices, citrus juices (lemon, lime, orange), rice vinegar, salt-free seasoning mixes or herb blends
<i>Yogurt, fruit-flavored</i>	Plain low-fat yogurt with fresh fruit slices

**Adapted from National Institute of Health, American Heart Association, and the Mayo Clinic