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# Change Your Diet to Lower Your Cholesterol

Diet plays a big part in why some people suffer from high cholesterol. Modifying your diet even a little can lower your cholesterol – lowering your risk for heart disease and stroke.

## **Avoid Eating a Lot of Meat**

- Make meat a minor player in your meals and eat lots of fruits and vegetables instead.
- Trim the fat and skin from meats and poultry.
- Avoid eating fatty cuts of beef, pork and lamb.
- When eating out, opt for a smaller portion of meat or choose to eat something vegetarian.

## **Eat Low-Fat Dairy Products**

Avoid dairy containing whole milk and cream.

## **Snack Wisely**

Opt for low-fat snacks such as unbuttered popcorn, dried fruits or fresh fruits and vegetables. Avoid high-fat, high-calorie options like chips and candy.

## **Reduce Saturated Fat in Food Preparation**

- Instead of butter or margarine, use a small amount of olive oil or cooking spray.
- Avoid using palm and coconut oil; use canola, sunflower, safflower, corn, soybean, olive and peanut oils instead.
- Bake, broil, roast, steam or stew food instead of frying.

## **Reduce Your Dietary Cholesterol Intake**

- Eat no more than four egg yolks per week. Replace one egg with two egg whites in most recipes.
- Eat no more than six ounces of lean meat, fish and poultry per day.
- Avoid eating cholesterol-rich meats such as liver, brains and kidneys.

## **Eat Fiber-Rich Foods**

Opt for fruits and vegetables, whole grains and legumes that are low in calories and high in fiber and complex carbohydrates.

## **Go for Nuts, Fruits and Vegetables**

Fruits and vegetables are water-dense, contain lots of nutrients and protect your heart. Nuts are a great source of protein, but should be eaten in moderation because they are high in calories.

## **Eat Lots of Fish**

Fish have essential fatty acids (omega-3s and omega-6s).

## **Reduce Your Salt Intake**

Use herbs and spices to flavor your food instead of table salt. Be aware of the sodium content in foods such as soups and sauces.

## **Avoid Trans Fats**

Trans fats raise LDL cholesterol levels (bad cholesterol) and lower HDL cholesterol levels (good cholesterol). Avoid foods containing trans fats completely or eat them in extreme moderation.

## **Drink Alcohol in Moderation**

Women should consume up to one drink per day and men should have up to two drinks per day.

## **Read Product Labels**

Avoid foods with the following items listed as one of the first ingredients: meat fat, coconut or palm oil, cream, butter, egg or yolk solids, whole milk solids, cocoa butter, chocolate, or hydrogenated or partially hydrogenated fat or oil.



## **Did you know...?**

If three months of changing your diet does not lower your LDL cholesterol levels, consult your physician. He or she may put you on medication or refer you to a dietician for more assistance.