



Quick Start: Cholesterol

High blood cholesterol is a serious condition that increases the risk for heart disease. Cholesterol levels are affected by various factors — some you cannot control (genes, age, and gender) and some you can (food intake, weight, and physical activity). Below are some tips for those factors under your control.

FOOD CHOICES

Three dietary fats increase blood cholesterol levels: trans fat, saturated fat, and cholesterol.

Trans Fat: Found mostly in foods made with hydrogenated oils and fats such as stick margarine, fried foods, shortening, non-dairy creamer (excluding soy), some crackers, store bought cookies, and chips. Look for the words hydrogenated or partially hydrogenated in the ingredients to know if a food contains trans fat.

Saturated fat: Found mostly in animal sources (red meat, poultry, butter, whole and 2% milk, cheese, cream, lard); vegetable sources include oils like coconut, coconut oil, palm kernel, palm, cocoa butter.

Cholesterol: Only comes from animal products (red meat, poultry, seafood, egg yolks, butter, whole and 2% milk, cheese, yogurt, cottage cheese). Choose lean cuts of meat, trim fat from meat, remove skin from poultry, and choose reduced fat dairy products.

THESE NUTRIENTS CAN HELP REDUCE YOUR RISK OF HEART DISEASE:

Monounsaturated Fatty Acids: Found in canola, olive, peanut oils; avocados, olives, almonds, peanuts, peanut butter, pistachios, and sesame seeds.

Omega-3 Fatty Acids: Found in fatty, coldwater fish and in some plant sources. Good fish sources: salmon, tuna, sardines, anchovies, herring, and rainbow trout. Good plant sources: walnuts, canola and soybean oil, flaxseeds, and flax oil. Eat fish 2 times every week.

Soluble fiber: Lowers cholesterol levels by dissolving into a gel-like substance and blocking cholesterol

from being absorbed into the bloodstream. Aim for 10 to 25 grams per day of soluble fiber. Good sources include oatmeal, orange, pear, legumes, brussels sprouts.

Plant stanols and sterols: Found naturally in many plant foods (fruits, vegetables, nuts, seeds, legumes) and help block the absorption of cholesterol from the digestive tract. They are also found in fortified foods such as Minute Maid Heart Wise orange juice, Promise active spreads, Promise active yogurt drinks and Smart Balance Heart Right Light. Studies show that a daily intake of about 2 grams reduces LDL cholesterol (unhealthy one!) by 5-15% — often within weeks.

WEIGHT

Excess weight tends to increase cholesterol. Also, it typically raises triglycerides, a fat found in the blood that may increase your risk for heart disease. A 10% weight reduction can improve cholesterol levels and protect your heart.

PHYSICAL ACTIVITY

Regular physical activity can help lower your LDL cholesterol and triglycerides and raise your HDL cholesterol (which is good!). A low level of HDL increases your risk for heart disease.

Unless your doctor tells you otherwise, try to get at least 30 minutes of a moderate-intensity activity at least 5 days a week. You can do the activity all at once or break it up into shorter periods of at least 10 minutes each. Moderate-intensity activities include: brisk walking, bicycling on level ground, dancing, gardening, or house cleaning.

Provided by the Nutrition Department of The Portland Clinic LLP

DIETITIAN SERVICES

A Registered Dietitian at The Portland Clinic can help evaluate your current food and activity patterns and

guide you toward a heart healthy eating plan. To schedule an appointment with a dietitian, please call 503.223.3113.

SMART FOOD CHOICES FOR GOOD HEALTH

Choose...

100% whole wheat or whole grain products: breads, crackers, tortillas, bagels, pasta

Whole grain, high fiber cereals

Brown rice, beans and legumes

Fresh fruit

Green salads, vegetables

Fish - salmon, tuna, sardines
skinless chicken, lean trimmed meats

Nuts, seeds for snacks

Olive and canola oils

Broth based soups

Non fat or 1% dairy products

Water, tea, non-caloric beverages

Instead of...

White or refined flour products (listed as wheat flour on the food label)

Sugared cereals (more grams sugar than fiber)

White rice

Cookies, candies, sweets, desserts, pastries

French fries, fried vegetables

High fat red meats, poultry with the skin,
bacon, sausage, processed deli meats

Chips, candies, cookies for snacks

Shortening, butter, margarines with trans fats

Creamed soups

Whole milk or 2% dairy products

Sodas, fruit juice and fruit drinks, high calorie
coffee drinks, other sweetened beverages



HOW DO I ADD THE HEALTHIEST FATS INTO MY DAILY ROUTINE?

- Sprinkle walnuts or almonds on your oatmeal.
- Add a slice of avocado to your sandwich.
- Keep small packages of almonds in your car for a quick snack on the go.
- Have a tuna or salmon sandwich at least once a week.
- Sprinkle ground flaxseeds on your cereal or oatmeal.
- Buy old fashioned peanut butter and have a PB&J!
- Try hummus (if you haven't already!) with whole wheat crackers or veggies.
- Use a vegetable oil or spray for sautéing, cooking, and baking.
- Avoid foods with hydrogenated or partially hydrogenated oil.

