

# High Cholesterol Nutrition Therapy

Client Name \_\_\_\_\_ Date \_\_\_\_\_

Dietitian / Dietetic Technician \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

## Why Was Nutrition Therapy Prescribed?

A plan called Therapeutic Lifestyle Changes (TLC) can help people who have high amounts of cholesterol in their blood. Following the TLC plan can help reduce the LDL cholesterol (also called “bad” cholesterol) in your blood. Too much LDL can form plaque in your arteries. This puts you at risk for heart attack or stroke.

HDL cholesterol (sometimes called “good” cholesterol) helps rid your body of LDL cholesterol. To keep your HDL at a good level, choose heart-healthy fats, such as vegetable fats (olive oil, canola oil, vegetable oils, nuts, and seeds). Exercise also helps keep your HDL at the best level.

## Keys to TLC

The TLC plan suggests that you:

- Limit saturated fats and trans fats:
  - Foods high in saturated fats include marbled (fatty) meat, poultry skin, bacon, sausage, whole milk, cream, and butter.
  - Trans fats are found in stick margarine, shortening, some fried foods, and packaged foods made with hydrogenated oils.
  - If you eat these foods, have them only once in a while and in small amounts. Instead of butter or stick margarine, try reduced-fat, whipped, or liquid spreads.
- Limit the amount of cholesterol that you eat to less than 200 milligrams (mg) per day. Foods high in cholesterol include egg yolks (one egg yolk has about 212 mg of cholesterol), fatty meat, whole milk, cheese, shrimp, lobster and crab.
- Eat more omega-3 fats (heart-healthy fats):
  - Coldwater, oily fish are good sources of omega-3 fats. Choices include salmon, tuna, mackerel, and sardines. Aim to eat fish twice a week.
  - Other foods with omega-3 fats include walnuts and canola and soybean oil.
  - Flaxseed is another source of omega-3 fats. Have it as flaxseed oil or ground flaxseed. (The whole seeds pass through your body without heart-healthy effects.)



*This handout may be duplicated for client education.*

## Keys to TLC (continued)

- Keep the total amount of fat that you eat (including heart-healthy fats) to 25% to 35% of the calories that you eat. If you should eat 2,000 calories per day, your fat intake can be between 50 and 75 grams per day.
- Get 20 to 30 grams of dietary fiber per day. Fruits, vegetables, whole grains, and dried beans are good sources of fiber:
  - Aim for 5 cups of fruits and vegetables per day.
  - Have 3 ounces of whole grain foods every day.
- Plan more plant-based meals, using beans and soy foods for protein. For example, eat a soy burger instead of a hamburger. Make chili or casseroles with beans instead of ground meat.
- Talk with your dietitian or doctor about what a healthy weight is for you. Set goals to reach and maintain that weight.
- Talk with your health care team to find out what types of physical activity are best for you. Set a plan to get about 30 minutes of exercise on most days.

## Recommended Foods

Food Group	Recommended Foods
Grains	Whole grain breads and cereals, including oats and barley Pasta, especially whole wheat or other whole grain types Brown rice Low-fat crackers and pretzels
Vegetables	Fresh, frozen, or canned vegetables without added fat or salt
Fruits	Fresh, frozen, canned, or dried fruit
Milk	Nonfat (skim), ½%-fat, or 1%-fat milk or buttermilk Nonfat or low-fat yogurt or cottage cheese Fat-free and low-fat cheese
Meat and Other Protein Foods	Lean cuts of beef and pork (loin, leg, round, extra lean hamburger) Skinless poultry Fish Venison and other wild game Dried beans and peas Nuts and nut butters Meat alternatives made with soy or textured vegetable protein Egg whites or egg substitute Cold cuts made with lean meat or soy protein
Fats and Oils	Unsaturated oils (olive, peanut, soy, sunflower, canola) Soft or liquid margarines and vegetable oil spreads Salad dressings Seeds and nuts Avocado

## Foods Not Recommended

Food Group	Foods Not Recommended
Grains	High-fat bakery products, such as doughnuts, biscuits, croissants, danish pastries, pies, cookies Snacks made with partially hydrogenated oils, including chips, cheese puffs, snack mixes, regular crackers, butter-flavored popcorn
Vegetables	Fried vegetables Vegetables prepared with butter, cheese, or cream sauce
Fruits	Fried fruits Fruits served with butter or cream
Milk	Whole milk 2%-fat milk Whole milk yogurt or ice cream Cream Half-&-half Cream cheese Sour cream Cheese
Meat and Other Protein Foods	Higher-fat cuts of meats (ribs, t-bone steak, regular hamburger) Bacon Sausage Cold cuts, such as salami or bologna Corned beef Hot dogs Organ meats (liver, brains, sweetbreads) Poultry with skin Fried meat, poultry, and fish Whole eggs and egg yolks
Fats and Oils	Butter Stick margarine Shortening Partially hydrogenated oils Tropical oils (coconut, palm, and palm kernel oils)

## Sample 1-Day Menu

<b>Breakfast</b>	½ cup apple juice ¾ cup oatmeal with 1 small banana and 1 cup skim milk 1 cup brewed coffee
<b>Lunch</b>	Turkey and cheese sandwich: 2 slices whole wheat bread, 2 ounces lean deli turkey breast, 1 ounce low-fat swiss cheese, mustard, 1 medium sliced tomato, shredded lettuce 1 pear 1 cup skim milk
<b>Evening Meal</b>	3 ounces broiled fish 1 cup brown rice with 1 teaspoon soft margarine 1 medium stalk broccoli and 1 medium carrot Tossed salad with mixed greens, tomatoes, chickpeas, and olive oil and vinegar dressing 1 small whole grain roll with 1 teaspoon soft margarine 1 cup tea ½ cup nonfat frozen yogurt with fruit
<b>Snacks</b>	1 ounce trail mix made with nuts, seeds, raisins, and other dried fruit 1 cup blueberries 1 cup skim milk

## Additional Resource

More in-depth information on TLC is available at:

[http://www.nhlbi.nih.gov/health/public/heart/chol/chol\\_tlc.htm](http://www.nhlbi.nih.gov/health/public/heart/chol/chol_tlc.htm)