



Ways to Increase HDL Cholesterol (The “Good” Cholesterol)

1. Avoid or quit smoking.
2. Exercise regularly – every bit counts: walking, biking, stairs.
 - Choose an activity that you enjoy and set aside a regular time.
 - Work towards being active for 30-60 minutes 3-5 times each week.
 - Consider using a pedometer to track your progress.
 - Obtain physician's approval.
 - Stop activity if you are experiencing severe fatigue, shortness of breath or chest pain and consult your doctor.
3. Avoid foods with trans fats.
 - These include: hydrogenated or partially hydrogenated foods and oils, shortening, hard margarines, deep fried foods and processed foods like some cookies, crackers, potato chips, commercially baked goods, and convenience foods. Check the Nutrition Facts panel and choose products with less than 0.2 grams trans fat.
4. Include sources of omega 3 fats daily.
 - Try ground flaxseed, soy foods, walnuts, and fatty fish like salmon, mackerel, herring, and sardines. (Aim for 2-3 servings of fatty fish per week).
 - Functional foods like omega 3 eggs, milk, cheese and yogurt can also be included.
5. Eat small amounts of healthy fats.
 - Try canola oil, olive oil, non-hydrogenated margarines, nuts, pumpkin seeds, wheat germ, and avocado.
 - Remember even healthy fats can cause weight gain if eaten in large amounts.
6. Moderate alcohol intake. ** Not if you have high triglycerides. If you don't drink alcohol now, don't start.
 - A maximum of 1 drink per day for women and 2 drinks per day for men. (1 drink=12 oz beer, 1.5 oz liquor or 5 oz wine)
7. Achieve and maintain a healthy body weight.





Ways to Lower LDL Cholesterol (The “Bad” Cholesterol)

1. Eat less red meat.
 - Aim for a maximum of two 4 oz-servings per week
2. Choose lean meats, skinless poultry, and fish.
 - Try baking, grilling, broiling, roasting with a rack, steaming or poaching
 - Avoid deep fried or processed meats
3. Choose lower fat dairy products.
 - Try 1% or skim milk, yogurt and cottage cheese
 - Try cheese that is less than 19% m.f. (milk fat)
 - Try frozen dairy products that are less than 4% m.f.
4. Avoid foods with trans fats.
 - These include: hydrogenated or partially hydrogenated foods and oils, shortening, hard margarines, deep fried foods and processed foods like some cookies, crackers, potato chips, commercially baked goods, convenience foods. Check the Nutrition Facts panel and choose products with less than 0.2 grams trans fat.
5. Increase intake of soluble fibre.
 - Try psyllium, legumes, barley, oats, oatbran, oatmeal, some fruits and vegetables.
 - Aim for 5-10 g of soluble fibre per day.
6. Include more soy foods in your diet in place of meat or high fat dairy.
 - Try soy milk, tofu, soy beans, roasted soy nuts, soy flour, texture soy protein, meat substitutes (ground round, burgers, hot dogs, luncheon meats), dairy substitutes (cheese, yogurt).
7. Eat small amounts of healthy fats.
 - Try canola oil, olive oil, non-hydrogenated margarines, nuts, pumpkin seeds, wheat germ, and avocado.
 - Remember even healthy fats can cause weight gain if eaten in large amounts.
8. Achieve and maintain a healthy body weight.

