

Ways to Lower your Cholesterol

What is cholesterol?

- It is fat that is found in the cells that make up our body
- It is made in the liver
- We also get cholesterol from foods we eat



What if my cholesterol is too high?

- When there is too much cholesterol in our blood it sticks to the inside of our vessels
- If there is a lot of cholesterol sticking to your vessels it can block the blood flow
- If a blood vessel is blocked you could have a heart attack or stroke

What makes my bad cholesterol (LDL) go up?

- Eating foods that are high in saturated and trans fats
- Saturated fat is found in foods made from animals such as meat, fats (butter, lard, bacon fat, hard margarine, shortening), dairy products (cheese, milk) and cream
- Saturated fats are also in foods such as chips, chocolate, ice cream, cookies, cakes, donuts and pre-packaged foods
- Trans fat is also called hydrogenated oil. It is found in hard margarine, baking, crackers, chips, deep fried foods, etc.
- Eating too much of saturated and trans fats can cause your bad cholesterol level (LDL) to go up
- Too much bad cholesterol (LDL) will cause more fat build up in the vessels

What fats are better for my heart?

- Try using unsaturated fats. They can help to lower your cholesterol
- Some examples of unsaturated fats are canola oil, olive oil, unsalted nuts, and fish



How can I lower my cholesterol?

1. Limit meat to 2 - 3 servings each day (a serving is the size of a deck of cards)
2. Replace meat in your meals with beans, peanut butter or eggs
3. Trim fat off meat and take the skin off birds



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4. Try to choose lean hamburger. Always drain the fat off of hamburger.
5. Cook meat in a way that fat drains away such as baking, boiling or roasting. Fry foods less often.
6. Try to have non-battered fish 2 times a week (trout, pickerel, perch, salmon, tuna, sardines, whitefish, pike, etc.)



7. Choose lean meats such as wild meat and birds
8. Limit foods high in bad fat such as bacon, bologna, hotdogs, baking, chips, chocolate, deep fried and packaged foods (frozen pizza, dried noodles, fish sticks, etc.)
9. Try to use oils like canola and olive oil when cooking. Limit lard, butter and bacon fat.
10. Limit fast food and restaurant meals
11. Choose low fat dairy such as skim, 1% or 2% milk, light cheese and low fat yogurt
12. Use carton or canned milk in coffee or tea. Limit cream and coffee whitener.
13. Limit added fats to 3 tbsp each day. For example, oil, margarine, butter, lard, salad dressing, sour cream, mayonnaise, creamers and gravy.
14. Increase fibre in your diet. Try to pick whole grain cereals, breads and pasta. Try to choose vegetables and fruit more often.
15. Limit foods high in sugar such as pop, candy, juice, ice cream, chips, cookies, jam, honey, table sugar, etc. When we eat too much sugar it is stored as fat in the body.



How do I make my good cholesterol (HDL) better?

- Try to be active every day. This means your heart is beating faster and your breathing is heavier.
- If you smoke, try to quit
- Limit bad fats. Try to eat healthy fats more often.
- Eat fish (trout, pickerel, perch, salmon, tuna, sardines, whitefish, pike, etc.) 2 times per week



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