



NUTRITION FOR HIGH CHOLESTEROL



FIBRE IS KEY

Aiming for 25-29 grams of fibre per day can help reduce 'bad' cholesterol, especially if at least 10 grams of soluble fibre per day.

Foods high in soluble fibre:

- **Flaxseeds** - have up to 5 tablespoons per day
- **Lentil or beans** - have 4 bean based dishes per week
- **Oatmeal or Mush** - enjoy oats for breakfast, baked in chumus, or added to bread
- **Barley** - add to soups, stews or have in place of rice

Other high fibre foods to enjoy:

- Snack on fruit with the skin such as **berries, or nuts**
- Choose **whole-grain breads**, cereals, rice and crackers
- Aim for **half plate of vegetables**

WHAT IS HIGH CHOLESTEROL?

High blood cholesterol levels are a risk factor for heart disease.

Total blood cholesterol contains two types:

- **LDL "Lousy cholesterol"** or "bad cholesterol" can form plaque (atherosclerosis) on your artery walls, blocking blood flow to the heart and brain.
- Aim for low LDL levels. My target: _____
- **HDL "Happy cholesterol"** or "good cholesterol" helps remove LDL cholesterol from your arteries.
- Aim for high HDL levels. My target: _____

Triglycerides are another blood fat that can increase risk of heart disease. If you have high triglycerides:

- Eat more omega-3 fats, especially from fatty fish like salmon. Talk to your health care provider about taking an omega-3 (DHA/EPA) supplement.
- Avoid high sugar drinks and limit refined carbohydrates such as chumus and white bread.



EAT LESS OF THIS

High Cholesterol Foods

- Shellfish, eggs, butter and full fat dairy contain natural cholesterol and we should aim for no more than 200mg cholesterol per day.
- Limit eggs to 2 per week - especially if you eat dairy and meat

High Fat Meats and High Fat Dairy

- Fatty cuts of meat are high in saturated fat which can increase bad cholesterol
- Limit bacon, sausage, hot dogs
- Choose lower fat dairy products such as skim milk, Greek yogurt.
- Limit cream, cheese and ice cream.

Butter and Vegetable Oils

- Butter should be limited as it is high in saturated fat. Choose peanut butter, avocado or other plant-based spreads for toast.
- Sunflower oil, safflower oil, cottonseed oil, soybean oil or vegetable oil blends are high in omega-6 fatty acids, and we often have too much in our diets.

Trans Fat

- Read labels for trans fat and limit anything that contains it.
- Trans fat increases 'bad' and decreases 'good' cholesterol
- Limit pastries, pie crusts, muffins

EAT MORE OF THIS

Beans, Lentils and Peas

- Chickpeas, lentils, split peas, kidney beans and black beans are high in soluble fibre.
- Soluble fibre binds to cholesterol and helps your body get rid of it.

Fish and Lean Meat

- Fish contains omega-3 fatty acid which is good for the heart.
- Lean meat is low in saturated fat so is a better choice.
- Aim for 1/4 of your plate to be fish or lean meat.

Nuts and Seeds

- Nuts and seeds contain the heart healthy fat monounsaturated fat.
- They are also high in fibre which binds to cholesterol and helps your body get rid of it.
- Aim for 1/4 cup per day or 2 tablespoons of peanut butter.

Healthy Oils

- Olive oil and avocado oil are high in monounsaturated fat so are good for the heart.

Lifestyle Tips

- If overweight, aim for a healthy weight or a 5% weight loss.
- Try to exercise 5 times per week.
- Limit alcohol and smoking.



SAMPLE MEAL PLAN FOR HIGH CHOLESTEROL

Day 1

Breakfast

- Fresh or frozen fruit, or fruit canned in water (example berries)
- Whole-grain bread
- Peanut Butter (natural)
- Tea/Coffee with no cream

Morning Snack (optional)

- Fruit

Lunch

- Split pea soup
- Whole-grain crackers
- Vegetable sticks

Afternoon Snack (optional)

- Edamame Beans or Dried Fish

Dinner

- Fish (example salmon, halibut)
- Brown rice
- 1 1/2 cups of vegetables (broccoli, cauliflower, carrots, beans, peas, onion)

Snack (optional)

- Whole-grain cracker
- Peanut butter (natural)

Fluids

- Aim for 6-8 cups of water per day
- Have herbal tea in the afternoon

Day 2

Breakfast

- Fresh or frozen fruit, or fruit canned in water (example berries)
- Oatmeal or Mush
- 2 tablespoons of ground flaxseeds
- Tea/Coffee with no cream

Morning Snack (optional)

- 1/4 cup unsalted unroasted nuts

Lunch

- Jarred fish
- Leftover brown rice or quinoa
- Baby spinach, salad vegetables and a vinegar olive oil based dressing

Afternoon Snack (optional)

- Carrot and celery sticks
- Hummus

Dinner

- Lentil stew
- Sweet potato
- Vegetables (cauliflower, carrots, mushrooms, onion, peas)

Snack (optional)

- Apple, sliced
- Peanut butter (natural)

Fluids

Aim for 6-8 cups of water per day
Have herbal tea in the afternoon