

NUTRITION AND YOUR HEART

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 low-density lipoprotein (LDL) cholesterol (also called “bad” cholesterol) in your blood.

• High-density lipoprotein (HDL) cholesterol (sometimes called “good” cholesterol) helps rid your body of LDL cholesterol.



• Talk with your registered 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 about what types of physical activity are best for you. Plan to get about 30 minutes of **EXERCISE** on most days.

WHAT CAN I DO?

- ✓ **LIMIT SATURATED FATS AND TRANS FATS**
 - Foods high in saturated fats include 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.
 - 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 184 mg of cholesterol), fatty meat, whole milk, cheese, shrimp, lobster, and crab.
- ✓ **EAT MORE OMEGA-3 FATS (HEART-HEALTHY FATS)**
 - Good 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 oils.
 - Flaxseed is another source of omega-3 fats. Have it as flaxseed oil or ground flaxseed.
- ✓ **LIMIT 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 (g) per day.
- ✓ **GET 20 TO 30 G 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 (oz) of whole grain foods every day.
- ✓ **PLAN TO EAT MORE PLANT-BASED MEALS, USING BEANS AND SOY FOODS FOR PROTEIN**

*You can determine how much cholesterol and how many calories or grams of fat are in your food by reading nutrition labels.

INFORMATION PROVIDED FROM

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CREATING A **HEART HEALTHY** DIET

Foods Recommended

GO

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 Products

- Fat-free (skim) or low-fat (1%) milk or buttermilk
- Nonfat or low-fat yogurt or cottage cheese
- Fat-free and low-fat cheese

Meat/Protein

- 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 & 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

STOP

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 Products

- Whole milk
- Reduced-fat (2%) milk
- Whole milk yogurt or ice cream
- Cream
- Half-and-half
- Cream cheese
- Sour cream
- Cheese

Meat/Protein

- 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 & Oils

- Butter
- Stick margarine
- Shortening
- Partially hydrogenated oils
- Tropical oils (coconut, palm, palm kernel oils)