

# Healthy Food choices to reduce your cholesterol

Choosing plant-based fats and limiting saturated "solid" fats and dietary cholesterol can help lower "bad" LDL cholesterol and reduce your risk of heart disease.



## Enjoy more "Plant-based fats"



Nuts: hazelnuts, walnuts, almonds  
(limit 1/4 - 1/3 cup per day)



Nut and seed butters  
(peanut butter, almond butter,  
pumpkin seed)



Seeds  
(chia, sunflower, flax,  
pumpkin, hemp)



Olive, canola and avocado oil



Non-  
hydrogenated  
soft tub  
margarine



Avocado  
(limit 1/2 to  
1 per day)



Fish: salmon, tuna, sardines, mackerel  
(enjoy 2-3 times per week)



## Limit Saturated "Solid Fats"



Chicken skin, meat fat, bacon, sausage



Cream, cheese, butter, coconut oil



## Limit dietary cholesterol



Egg yolks  
(max 2-3 per week)



Liver, pate



Egg whites  
(extend eggs with egg whites)



## Limit Trans fats (as much as possible)





## Enjoy balanced meals that are portion controlled using your hands

Balanced:  
Aim for  
3-4 food  
groups  
most of  
the time



Whole grains: about a fist size  
less hungry 1/2 or 3/4 fist size



Plant proteins (beans, lentils, tofu):  
about a fist size



Listen to your body's  
hunger fullness cues

## Add colour with fruits and vegetables to most of your meals and snacks



5 servings per day is  
protective / 10 even better!



Serving size:  
Frozen, Canned, Chopped: 1/2 cup  
Fruit: 1 Medium  
Leafy Vegetables: 1 cup



Purchase in season  
and what is on sale  
Frozen is great!



## Enjoy whole grains and foods rich in soluble fibre



Oats (large flake, steel cut)



Oat Bran

Barley



Bran Buds/Smart Bran  
with psyllium



Eggplant/okra

## Enjoy plant based proteins



Pulses (chick peas, kidney/black  
beans, black-eyed peas, lentils)



Canned beans:  
Mix with salads/  
tomato sauce/rice



Beans in tomato sauce,  
soup, hummus



Soy foods: tofu, edamame, veggie  
ground round, soy milk

## Talk to your Dietitian about supplements that can lower your cholesterol



Metamucil (no sugar added) \*  
Life brand fibre laxative \*



Psyllium \*  
Husk/Powder

\*Separate from medications > 2 hrs

Your Dietitian: \_\_\_\_\_ Phone: \_\_\_\_\_

This information is not meant to replace the medical counsel of your doctor. Healthy Heart Nutrition: Revised September 1, 2020