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)

Olive, canola and avocado oil





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



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







Becel any 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



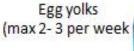
Limit dietary cholesterol







Liver, pate





Egg whites (extend eggs with egg whites)





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 ½ or ¼ 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: ½ cup Fruit: 1 Medium

Leafy Vegetables: 1 cup



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



BERRY MEINE

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