

## Tips to improve HDL and lower LDL cholesterol

| Instead of These...<br>(Sat or Trans Fat)  | Try This!<br>(Mono or Poly Fat)                           |
|--|---|
| Bologna and Cheese Sandwich                | Peanut Butter Sandwich                                    |
| Bleu Cheese Dressing                       | Olive Oil & Vinegar Dressing                              |
| Sour Cream Dip                             | Guacamole Dip   |
| Pinto Beans cooked with bacon or ham hocks | Pinto Beans cooked with smoked turkey leg or ham          |
| Fried Okra in Crisco® or lard              | Grilled Okra brushed with canola or olive oil             |
| Stick Margarine or Butter                  | Heart Healthy Tub margarine made with canola or olive oil |
| Polish Link Sausage                        | Turkey Kielbasa   |
| Pork Rinds                                 | Almonds, walnuts, pistachios                              |
| Hamburger                                  | Lean turkey or veggie burger                              |

### Raising HDL-“Happy, healthy cholesterol Goals: HDL Over 40 for men and over 50

- Be more active- walk 30 minutes a day, 5 days a week.
- Stop using tobacco
- Choose healthier fats: add a few olives or avocado to a salad
- Have a small handful of nuts for a snack
- Use peanut butter instead of bologna, cheese or salami
- Use oil based salad dressings with olive or canola oil
- Throw away all stick margarine and bacon grease
- Ask your doctor about drinking a 4-5 oz. glass of red wine every day
- Keep trans fat intake at “0”

### Lowering LDL- “lousy, lethal” cholesterol. Goals: LDL goal is under 100 or under 70 if you have heart disease.

- Be more active- walk 30 minutes a day 5 days a week
- Keep trans fat at “0” - (found in stick margarines, bakery products, fast food, fried restaurant food)
- Keep meat portions at 3-4 oz. cooked
- Remove skin from chicken
- Bake, broil, or grill
- Use canola oil instead of shortening
- Choose lower fat dairy products
- If you must use butter, try Land O’lakes tub butter mixed with canola oil

- Eat oatmeal, dried beans, and more fresh fruit and vegetables every day.
- Minimize your intake of high fat: hot dogs, fat in red meat, bacon, ice cream, & sausage.
- Try eating a meat less meal once a week

| Type of Fat  | Properties   | Sources   | Effect on blood fats   |
|--|--|---|--|
| <b>Saturated Fat</b><br>Ladies:12 grams per day or less<br>Men:15 grams per day or less<br><br>Eat less of these | Solid @ room temperature<br>Mostly from animal sources | Bacon, butter, lard, coconut, & palm oils, sausage, whole milk, cream, marbled meats, cheese, hot dogs, bologna, ribs | ↑LDL<br>↑Total Cholesterol<br>*may be linked to increased risk for heart disease                         |
| <b>Trans Fat</b><br><br>Avoid these fats   | Partially hydrogenated vegetable oil (mostly soybean)  | Stick margarine, baked goods(cakes, pies, cookies) ; some crackers, solid shortening                                  | ↑LDL<br>↑TG<br>↓HDL<br>*May be linked to increased risk for heart disease                                |
| <b>Polyunsaturated fats</b><br><br>Substitute for saturated fats   | Mostly plant-based<br>Liquid at room temperature       | Tub, squeeze or spray margarine; sunflower, safflower, corn, and soybean oil.<br>Most salad dressings.                | ↓LDL<br>↓TG<br>↓Total Cholesterol  |
| <b>Monounsaturated fats</b><br><br>Eat more of these   | Mostly plant-based<br>Liquid at room temperature       | Avocado, olives, peanut butter, almonds, peanuts; olive, peanut & canola oil.   | ↓LDL<br>↓TG<br>↑HDL<br>*Likely to be linked to lower risk for heart disease and diabetes.                |
| <b>Omega 3 Fatty acids</b><br><br>Eat fatty fish 2x week   | Mostly from fatty fish & nuts                          | Salmon, sardines, tuna, herring, lake trout, mackerel, flaxseed (ground), flaxseed oil, Soybeans, walnuts, chiaseed.  | ↓LDL<br>↓TG<br>↓Blood Pressure<br>↓Abnormal Blood Clotting<br>Protects against heart attacks and strokes |