

High Cholesterol Nutrition Therapy

This handout can help you choose foods that can lower “bad cholesterol” (LDL) and increase “good cholesterol” (HDL).

Meal Planning Tips

FOCUS: Cut back on foods with saturated fat and cholesterol. Increase high fiber foods.

- Replace full-fat dairy foods with low-fat or fat-free milk and dairy.

-Choose foods that are baked, broiled, roasted, grilled, or steamed. Avoid fried foods.

-Choose lean meats, such as chicken or turkey with the skin removed. Avoid fatty meats, such as regular ground beef, spare ribs, sausage, bacon, hot dogs, and regular luncheon meat.

-Take care when selecting baked goods sold in stores and restaurants. They often are loaded with butter, lard, or full-fat dairy products.

-In recipes, substitute two egg whites for one whole egg. Avoid vegetable oil, palm oil, palm kernel oil, beef fat, and lard.

- Include plant sterols or stanols per day in your child’s meal plan (see foods in bold with asterisks on the back of this handout). These natural compounds found in plant cells can reduce LDL (“bad”) cholesterol levels.

- Choose whole grains for at least half of each day’s grain servings. Examples of whole grains include oats, whole wheat, brown rice, and wild rice. Look for the whole grain as the first ingredient on the ingredients list. Overall, take it easy on carb’s, especially foods such as white bread, pasta, potatoes and candy.

- Fiber is very helpful in lowering “bad cholesterol.” Offer a variety of fruits and vegetables every day. Encourage your child to eat whole fruit rather than drinking juice. Check food labels for “dietary fiber.” Products made with psyllium are good for reducing cholesterol. Add fiber to foods your child already eats: sprinkle oat bran or rice bran on cereal, add almonds to salads, include dried beans in soup, mix ground flaxseed into muffins, etc.

- Do not choose foods with trans fats. These fats can increase blood cholesterol levels. Trans fats are found in foods made with hydrogenated oils. They are often found in cookies, crackers, muffins, chips, french fries, and stick margarine. Read food labels. Avoid foods that include the word “hydrogenated” on the ingredients list as well as those that list more than zero grams (0g) trans fat on the food label.

-Include DHA (an omega-3 fatty acid) in your child’s diet. Good sources of DHA include salmon, herring, and albacore tuna. Two servings per week are recommended. Children can also take a supplement with Omega-3’s.

-We recommend meeting with a dietician who can help design a heart-healthy diet that is right for your child. We have a dietician who can meet you at FHPA.

Recommended Foods

MILK & MILK PRODUCTS

Skim or 1/2% milk, Nonfat or low-fat yogurt, Nonfat or low-fat cheeses, Low-fat ice cream, Sherbet

MEAT \ PROTEIN FOODS

Very lean meats, Poultry with the skin removed, Fish (especially salmon, herring, mackerel, rainbow trout, sardines, and albacore tuna), Dried beans and peas, Natural peanut butter, Egg whites, Soy protein and tofu

BREADS/GRAINS

Whole grains are preferable (whole wheat bread, oatmeal, brown rice, etc)

FRUITS/VEGETABLES

Any prepared without fat, Minute Maid "Heart Wise" orange juice* (limit juice to 4oz/d)

FATS/OILS

Heart-healthy vegetable oils, such as olive or canola oil Low-fat salad dressings and mayonnaise

OTHER SNACK IDEAS

Pretzels, almonds, walnuts, other nuts, popcorn without added fat, seeds, Nature Valley Healthy Heart Granola Bars*, baked chips

BEVERAGES

Water, Fortified soy milk, Skim or 1/2% milk, zero calorie flavored water, Crystal Light, MiO

SPREADS

Smart Balance Omega Plus Buttery Spread*, Benecol Spreads*, Promise Activ Light Spreads*

*Contain healthy plant sterol/stanols

Foods Not Recommended

MILK & MILK PRODUCTS

Whole or reduced-fat milk, Cream Half-and-half, Dairy foods made from whole or reduced-fat milk or cream, such as ice cream, regular cheese or cream cheese

MEAT \ PROTEIN FOODS

High-fat meats, such as bacon, sausage, hot dogs, bologna, spare ribs, pepperoni, salami, or ground beef that is less than 90% lean; Chicken or turkey with skin, Regular peanut butter

BREADS/GRAINS

Croissants, donuts, Danish pastries, granola/granola bars containing trans fats, toaster pastries

VEGETABLES

Any prepared with added fats, such as cream, butter, or cheese sauces; Any fried, such as onion rings or French fries

FRUITS

Any prepared with added fats, such as yogurt or chocolate-covered fruits

FATS/OILS

Butter, lard, Stick margarine and other margarines made with hydrogenated oils, Palm oil, palm kernel oil, or coconut oil, Gravy or meat drippings, Regular salad dressings

BEVERAGES

Beverages made with full-fat or reduced-fat milk or dairy foods, Regular soda, Juice and sports drinks (these are high in calories), Lattes and other coffee drinks, Commercial fruit smoothies

OTHER

Any other fried foods such as chips or cheese puffs, Chocolate candy