



# get started

## 1 | know what cholesterol is

Cholesterol occurs naturally in your body and is produced mainly by your liver.

Our bodies need cholesterol to function properly, but problems occur if the blood cholesterol level is too high and plaque deposits begin building up on the artery walls. This can increase the risk of a blockage leading to a heart attack or stroke.

## 2 | know your numbers

Your cholesterol (lipid) targets are based on your risk of developing heart disease. Ask your doctor or RD to help you determine your target levels.

Risk Level	LDL chol (mmol/L)	HDL chol (mmol/L)	Triglycerides (mmol/L)	Total chol: HDL ratio
High	<2.0	>1.0	<1.5	<4.0
Moderate	<3.5	>1.0	<1.5	<5.0
Low	<5.0	>1.0	<1.5	<6.0
My numbers				

## 3 | know your risk

The following factors contribute to the development of heart disease. It's up to you pay attention to the risk factors that you **can** change.

### inherited risk factors

- Age
- Man > age 45
- Women > age 50
- Family history of heart disease/high blood pressure/diabetes
- Diabetes

### modifiable risk factors

- Smoking
- Being overweight
- Stress
- Low physical activity
- High triglycerides
- High cholesterol
- High blood pressure



## clearing up the cholesterol confusion

	Definition	Factors That Improve It	Factors That Make It Worse
<b>LDL cholesterol</b> = Less healthy (Bad)	Builds up in the walls of your arteries. We want it to be <b>Low</b> .	Monounsaturated fats Soluble fibre Physical Activity	Excess fat Trans fats Saturated fats Dietary cholesterol
<b>HDL cholesterol</b> = Healthy (Good)	Carries cholesterol to the liver where it is removed from the body. We want it to be <b>High</b> .	Monounsaturated fats Physical Activity	Smoking Trans fats
<b>Triglycerides</b>	Fat that circulates in the bloodstream.	Omega 3 fats Physical Activity	Excess calories Dietary fat Simple sugars Alcohol

## revise your recipes

- 1 | Use a non-stick cooking spray instead of margarine, butter and oil
- 2 | Use non-fat plain yogurt instead of sour cream and mayonnaise
- 3 | Use applesauce instead of oil, margarine or butter in baked products. In recipes that call for oil as the only liquid, use ½ applesauce and ½ buttermilk
- 4 | Use pureed cooked vegetables to thicken soups and sauces instead of cream
- 5 | Replace ½ of the ground meat in a sauce or casserole with cooked brown rice, couscous or beans

# know your sources

## 1 | good fat, fibre & soy

Monounsaturated fat	olive, peanut and canola oils; non-hydrogenated margarine; almonds, pistachios, pecans, peanuts and cashews
Omega-6 Polyunsaturated fat	corn, soybean, sunflower, safflower and sesame oils and soft margarines made with these oils; walnuts, brazil nuts, chestnuts; sesame, pumpkin and sunflower seeds
Omega-3 Polyunsaturated fat	fatty fish (tuna, salmon, trout and sardines); canola, soybean and flax oils; walnuts; flax seeds; omega-3 enriched eggs
Fibre	<b>soluble fibre:</b> oats, rye and barley, psyllium, flaxseeds, legumes, fruits <b>insoluble fibre:</b> whole grains, skins & seeds of fruits and vegetables, wheat bran
Soy	soy milk, tempeh, tofu, meat analogues, soy beans (edamame)

## 2 | bad fat & dietary cholesterol

Dietary Cholesterol	eggs, animal products, dairy, meats, poultry, shellfish, organ meats (< 300 mg / day)
Trans fat	hydrogenated margarines, shortening, deep fried foods, packaged snack foods and processed foods (i.e. commercial cakes, cookies, chips, crackers)
Saturated fat	meat, poultry skin, dairy products, egg yolks, butter, lard, tropical oils (coconut, palm)

## 3 | alcohol & simple sugars

Alcohol	Moderate alcohol intake is OK if your triglycerides are normal. Moderate = 1-2 drinks/day (men-2, women-1) A drink = 4 oz wine, 12 oz beer, 1 oz of liquor
Simple Sugars	Limit simple sugars such as white, brown or icing sugar, juices, pop, candies, syrup

# know where to make changes

## 1 | cut back total fat

- Choose snacks with <3g of fat/100cal
- Limit your added fat intake to 3-4 servings/day. One serving would be 1 tsp of oil or 1 tbsp of salad dressing.

## 2 | choose liquid over solid fats

- Select non-hydrogenated margarine
- Limit butter, lard and hard margarines
- Limit convenience foods, fast foods, deep fried foods and foods with *hydrogenated* oil in the ingredient list

## 3 | go lean on protein

- Rely on lean protein sources (round or loin)
- Remove skin from chicken and trim visible fat from meat
- Limit intake of "mystery meat" (i.e. luncheon meat, wieners)
- Go for natural peanut butter
- Eat more dried beans & lentils and try veggie proteins

## 4 | go low fat when choosing dairy

- Select cheese with <20% milk fat (M.F.)
- Choose 1% or skim milk and choose yogurt <2% M.F.

## 5 | boost your intake of omega 3's

- Have 1/4 cup of nuts as a snack
- Aim to eat a 3 oz fish serving 2x/week
- Try to have 1-2 tbsp of ground flax seeds each day

## 6 | say yes to 35-50g of fibre/day

- Add fresh or dried fruit to your cereal
- Choose whole wheat pasta and brown rice
- Choose whole grain and high fibre breads and cereals with >3 g of fibre and <7g of sugar per serving
- Incorporate sources of soluble fibre such as oatmeal, flaxseed and psyllium (i.e. try Kellogg's™ All Bran Buds)
- Add beans to salads, stews and soups

## 7 | save room for soy

- Try ground soy (i.e. Yves™ Veggies Ground Round) instead of ground meat in cooking
- Have a glass of soy milk with breakfast
- Have a handful of soy nuts as a snack
- Try edamame (soy beans) as an appetizer (omit the salt)

## 8 | move your body

- Exercise for at least 30-60 minutes each day, ensure it is an activity that you enjoy.