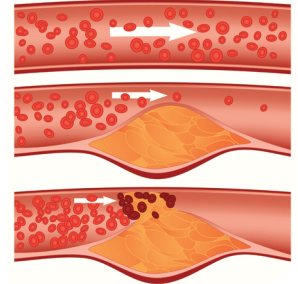


# Foods To Help Lower Your Cholesterol

Too much cholesterol in the blood can lead to heart disease and stroke — **America’s No. 1 and No. 5 killers.**

Most heart and blood vessel diseases are caused by a buildup of cholesterol in the artery walls. The arteries that feed your heart can become so clogged that the blood flow is reduced. When less blood flows to your heart, you can have chest pain. If a blood clot forms and causes a blockage in your heart or brain, you could have a heart attack or stroke.





## Ways to Lower My Cholesterol

- Eat healthy foods
- Lose weight (if needed)
- Be physically active
- Take your medicines as ordered by your doctor



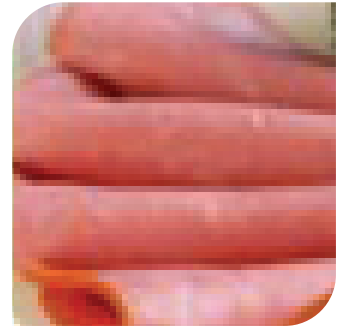
## Which foods should I eat?

Eat mostly low-saturated fat, trans-fat free and low-cholesterol foods

Foods		Serving Size
A variety of deeply colored fruits and vegetables		4 to 5 cups of each per day
A variety of whole grain foods that are fiber-rich such as whole grain bread, cereal, pasta and brown rice		6 to 8 ounces per day (half of these servings should be whole grains)
Fat-free, 1 percent or low-fat milk		2 to 3 cups per day
Lean meats (choose cuts like “loin” and “round” that have less fat) and poultry (chicken, turkey) without skin		5 to 6 total ounces per day
Fatty fish such as salmon, trout, albacore tuna, and sardines. Baked or grilled fish		At least 8 ounces per week which may be divided over two servings
Unsalted nuts, seeds and legumes (dried beans or peas) in small amounts		1/2 ounce of nuts and seeds
Nontropical vegetable oils (canola, corn, olive, or safflower)		5-6 teaspoons

# Which foods should I limit?

- Foods with a lot of sodium (salt)
- Sweets and sugar-sweetened drinks
- Full-fat dairy products like whole milk, cream, ice cream, butter, and cheese
- Organ meats such as liver, kidney, brain and sweetbreads
- Processed meats such as sausage, bologna, salami and hot dogs
- Red meats and fatty meats that aren't trimmed
- Bakery goods made with, saturated fats and trans fats like donuts, cakes, and cookies
- Saturated oils such as coconut oil, palm oil and palm kernel oil
- Solid fats such as shortening, partially hydrogenated stick margarine and lard
- Fried foods



## Healthy Cooking Tips

### Follow these tips to cook healthier meals:

- Use a rack to drain off the fat when you broil, roast or bake.
- Don't baste with drippings. Use wine, fruit juice or heart-healthy oil-based marinade.
- Broil or grill instead of pan-frying.
- Cut off the fat from meat before cooking.
- Take all the skin off poultry (chicken, turkey) pieces. If you're roasting a whole chicken or turkey, remove the skin after cooking.
- Use a vegetable oil spray to brown or sauté foods.
- Serve smaller portions of higher-fat dishes. Serve bigger portions of lower-fat dishes such as pasta, rice, beans and vegetables.
- Use egg whites or egg substitutes, not egg yolks.



Your doctors and nurses will help you set up a plan for lowering your cholesterol and staying healthy. If you have any questions, you may also call us at 1-800-578-0603 (TTY: 711). We're here to help!

Source: American Heart Association

*Any information included in this material is not intended to replace medical care or advice from your doctor. Any references to other companies or internet sites are not an endorsement or guarantee of the services, information or products provided. Passport Health Plan by Molina Healthcare does not take responsibility for anything that may result from the use, misuse, interpretation or application of the information in this material.*