



# How Can I Lower High Cholesterol?

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"Too much cholesterol in the blood can lead I to heart disease and stroke — America's number one and number three killers. Even though there's much you can do to lower your cholesterol levels and protect yourself, half of all Americans still have levels that are too high (over 200 mg/dL).

You can reduce cholesterol in your blood by eating healthful foods, losing weight if you need to and exercising. Some people also need to take medicine because changing their diet isn't enough. Your doctor and nurses will help you set up a plan for reducing your cholesterol — and keeping yourself healthy!

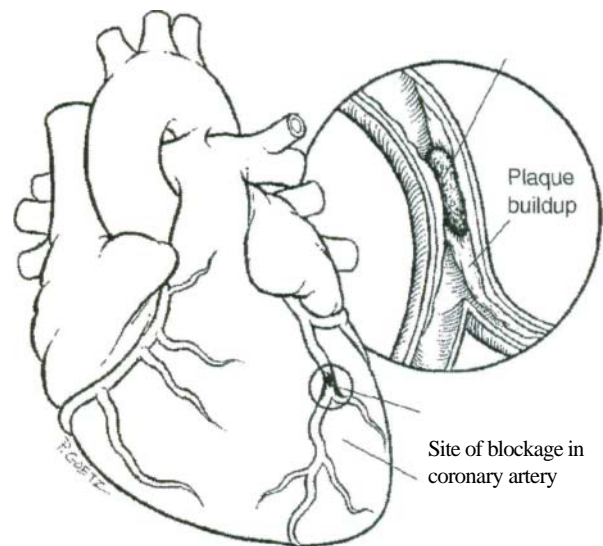
Most heart and blood vessel disease is caused by a buildup of cholesterol, plaque (plak) and other fatty deposits in artery walls. The arteries that feed the heart can become so clogged that the blood flow is reduced, causing chest pain. If a blood clot forms and blocks the artery, a heart attack can occur. Similarly, if a blood clot blocks an artery leading to or in the brain, a stroke results.

## What should I eat?

Focus on low-saturated-fat, low-cholesterol foods such as these:

- A variety of fruits and vegetables (choose 5 or more servings per day)
- A variety of grain products like bread, cereal, rice and pasta, including whole grains (choose 6 or more servings per day)
- Fat-free and low-fat milk products (2 to 4 servings per day)
- Lean meats and poultry without skin (choose up to 6 total ounces per day)
- Fatty fish (enjoy at least 2 servings baked or grilled each week)
- Beans and peas
- Nuts and seeds in limited amounts
- Unsaturated vegetable oils like canola, corn, olive, safflower and soy bean oils (but a limited amount of margarines and spreads made from them)

Clot preventing  
blood flow



## What should I limit?

- Whole milk, cream and ice cream
  - Butter, egg yolks and cheese — and foods made with them
  - Organ meats like liver, sweetbreads, kidney and brain
  - High-fat processed meats like sausage, bologna, salami and hot dogs
  - Fatty meats that aren't trimmed
  - Duck and goose meat (raised for market)
  - Bakery goods made with egg yolks and saturated fats
  - Saturated oils like coconut oil, palm oil and palm kernel oil
  - Solid fats like shortening, partially hydrogenated margarine and lard
  - Fried foods
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## What are some cooking tips for me?

- Use a rack to drain off fat when you broil, roast or bake.
  - Don't baste with drippings; use wine, fruit juice or marinade.
  - Broil or grill instead of pan-frying.
  - Cut all the fat you can *see* off of meat before you cook it, and take all the skin off poultry 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, and serve bigger portions of lower-fat dishes like pasta, rice, beans and vegetables.
  - Make recipes or egg dishes with egg whites or egg substitutes, not yolks.
  - Instead of regular cheese, use low-fat cottage cheese, part-skim milk mozzarella and other fat-free or low-fat cheeses.

## How can I learn more?

- Talk to your doctor, nurse or health care professional. Or call your local American Heart Association at 1-800-242-8721, or the American Stroke Association at 1-888-478-7653.
- If you have high cholesterol, members of your family also may be at higher risk for it. It is very important for them to make changes now to lower their risk.

## Do you have questions or comments for your doctor?

- Take a few minutes to write your own questions for the next time you see your doctor. For example:

## What about eating out?

## Why are weight control and physical activity important?

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**American Heart  
Association**