

Lower Your Cholesterol With Food

Hyperlipidemia is high cholesterol, or specifically high LDL (or “bad”) cholesterol. Over time, the build-up of LDL cholesterol in your arteries can lead to heart problems.

Current guidelines¹

Your doctor may prescribe a statin drug to lower your cholesterol if you:

- Have diabetes
- Smoke
- Have hypertension (high blood pressure)
- Have other risks for heart disease

Your diet matters



While newer (2013) guidelines focus heavily on statin drug therapy, it is still important to **take control of your diet** to lower your LDL cholesterol.

Studies show an improvement in LDL cholesterol of **up to 30%** (52mg/dL) can be **achieved with diet changes**.²

Classic target lipid levels¹

Total cholesterol:
below 200 mg/dL

Triglycerides:
below 150 mg/dL

LDL (bad) cholesterol:
below 100 mg/dL

HDL (good) cholesterol:
ABOVE 60 mg/dL



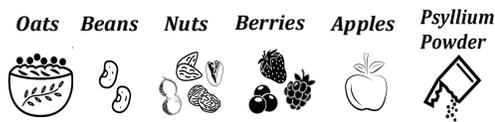
Eat plant-based protein

The Portfolio diet is another good diet. It focuses on plant-based protein and emphasizes soluble fiber from oats, barley, psyllium, okra, and eggplant. It substitutes butter with a healthy spread made with plant sterols.²

This diet may reduce LDL cholesterol up to 30% (a 52mg/dL decrease!)—equivalent to 20mg of lovastatin and a low saturated fat diet.^{1,2}

Eat foods rich in fiber

Aim for **20 - 30 grams total fiber** in your diet each day.³ **Soluble fiber** is best for lowering LDL cholesterol. It dissolves in water and is found in:



For every gram of soluble fiber you add to your diet each day, you may reduce your LDL by 1 mg/dL.³

Replace trans fats with healthy fats

Completely **eliminate** trans fats (including hydrogenated fats). Replace with healthy fats—found in nuts, seeds, fish, avocados, and olive oil.⁴

Healthy Fats



Lose weight

Just by losing 10 pounds, you may lower your LDL cholesterol by up to 8%.⁵



Eat about 500 calories less per day—cut your biggest meal in half—to lose about a pound per week.

Follow the Mediterranean diet

The Mediterranean diet is a delicious and effective way to lower your cholesterol as much as 10%, and your heart disease risk by up to 50%!⁶ See the *Mediterranean Diet* handout.

ACTION PLAN

Which of the tips will you try? Circle them.

When will you start? _____

How confident are you that you will accomplish your goal (from 0-100%)? _____

Follow-up plan

References:

¹ Circulation, 110 (2004); 227-239.

² Am J Clin Nutr 2005; 81:380-7.

³ Physiology & Behavior 2008 94(2):285-292.

⁴ Am J Clin Nutr. 2005;vol. 82 no. 5 964-971. Medi-RIVAGE study.

⁵ Obes Rev. 2016. Zomer E, et al. doi:10.1111/obr.12433

⁶ Br J of Nutr. 2012; 107, 705-711.

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