

Controlling your cholesterol (and triglyceride) levels

Your physician has told you that your blood cholesterol level is too high. It may be that your triglyceride level is also too high. You can take action!



EAT HEALTHY



BE ACTIVE 30 min. ON MOST DAYS



MAINTAIN OR REDUCE YOUR WEIGHT



DO NOT SMOKE

Find out in this leaflet how **EATING HEALTHY**, one of the “4 winning strategies”, can help improve your results and avoid or reduce medication.

1 Adopt winning choices

A varied diet, rich in **vegetables and fruit, whole grain products, lower fat milk products, lean meat, poultry and meat substitutes such as fish, legumes, tofu, nuts and seeds**, is recognized as being very efficient in improving cholesterol levels.

Such a diet compares with the Mediterranean diet that is recognized as being very good for the heart in general. Turn to the back for more information on winning choices.

2 Manage your fat intake

Limit trans fat, saturated fat and dietary cholesterol

Contrary to popular belief, it is not the cholesterol contained in food that mostly increases the level of cholesterol in the blood. A diet rich in trans fat and saturated fat is more often responsible for such an increase.

Trans fat is found in commercially prepared products containing partially hydrogenated oil or vegetable oil shortening such as high fat baked goods, fried foods, snack foods, etc.

Saturated fat and cholesterol are mostly found in animal products such as high-fat dairy products and meat. Fancy meats, egg yolks, shrimp and squid are other important sources of cholesterol.



Choose unsaturated fat

Besides being essential for your health, unsaturated fat (**monounsaturated** and **polyunsaturated**) helps control the levels of cholesterol in the blood. Major sources of unsaturated fat are oils, non-hydrogenated margarine, nuts, seeds and avocado. Eat them regularly but **in moderation**, especially if you must control weight gain.

Polyunsaturated fat of the **omega-3** family is also recognized as being beneficial to the heart.

The best sources of omega-3 are fatty fish such as salmon, trout, mackerel, sardines, and herring, as well as ground flaxseed and flaxseed oil. It is also found in lesser quantity in canola oil, walnuts, soy and derived products (tofu, soy beverages, roasted soy beans), as well as in some omega-3 enriched foods (eggs and milk beverages).

3 Eat more fibre

Fibre is found only in foods of vegetable origin, like whole grain products, vegetables, fruit and legumes.

A certain kind of fibre, called “soluble” can help bring blood cholesterol down when eaten regularly. It is found mostly in psyllium, ground linseed, bran and oatmeal, legumes, barley and certain pectin-rich fruit such as tomatoes, apples, oranges, strawberries, pears, etc.

And don't forget to drink water regularly to allow the fibre to do its job!

And if your triglyceride level is too high...

- Reduce your intake of **sugar-rich foods such as desserts (cake, cookies, pastries, etc.), chocolate, soft drinks, and sweets (candy, white sugar, honey, syrup, etc.)**.
- Reduce your **alcohol consumption as much as possible**.
- Eat sources of **omega-3 fat every day**
- Reduce your **weight, if necessary**.



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