

# Ten Tips for Lowering Your Cholesterol

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Many simple dietary changes may help to improve your cholesterol level.

Here are 10 basic tips to get you started:



## **Limit high fat meats except fatty fish**

- Focus on lean meats such as white meat chicken or turkey or fish
- Fatty fish is a good source of omega 3 fatty acids and should be included in the diet

## **Limit whole milk dairy products**

- Use 1% low fat or nonfat dairy products from cheeses to yogurts
- Substitute low fat milk or soy milk in coffee

## **Limit intake of egg yolks**

- Eat more egg whites and fewer yolks
- Try egg beaters or liquid egg whites
- Try scrambled tofu instead of scrambled eggs
- “Stretch” eggs with 2 additional whites to every 1 egg

## **Eat more soluble fiber**

- Soluble fiber helps remove cholesterol from the body
- Oats and beans are good sources of soluble fiber

## **Avoid fried foods**

- Trying breading and baking foods that are usually fried such as baked breaded chicken instead of fried chicken.
- Trying baking foods like potato wedges instead of frying to make “fries”

## **Watch dressings**

- Use low fat or no fat/no oil dressings for salads
- Limit high fat dressings that can add up on a salad

## **Watch condiments**

- Regular mayonnaise contains about 100 calories of fat per serving
- Replacing high fat condiments with mustard or low fat/non fat/no oil condiments can help reduce your fat intake

### **Do include good fats**

- Small amounts of avocados, nuts, seeds, olives/olive oil are good sources of healthful plant fats-include these in your diet
- Also, fatty fish such as salmon are good sources omega-3-fatty acid, a fat that may help improve your cholesterol level.

### **Try new foods**

- Instead of a steak, try salmon
- Instead of a hamburger, try a black bean vegan burger or a grilled portabella mushroom burger

### **Make good food choices while dining out**

- Plan ahead
- Go to restaurants that prepare healthful foods in a healthful manner
- Read menus in advance if possible.
- Read the nutritional information, if available, before ordering.

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