

Key Nutrition Advice for Patients Needing to

Lower Cholesterol

For meat, select lean cuts and keep portions moderate

•Lean = sirloin, round steak, skinless poultry, grilled fish •Portion = 3 oz or size of a deck of cards

For dairy foods, use low-fat or preferably non-fat products

Use care in the amount and type of added fat

•Limit added fat from margarine, salad dressings and fried food

Lower Blood Pressure

Reduce sodium intake

•Do not add salt to food at the table •When eating out select fruits, salads and plain meats

•No highly salted foods (nuts, chips, pretzels) •No pickled foods or high sodium sauces

Increase potassium, calcium and magnesium

•For K, fruits and vegetables •For Ca, low fat or fat free dairy products •For Mg, nuts and seeds

Control Weight

Keep portion size small to moderate

Lower fat intake

Limit snacking to low calorie items

Limit calorie containing beverages

Physical Activity Advice: At least 30 minutes of moderate activity, such as brisk walking, on most days

Key Food Sources of:

Saturated Fat

Animal Fat
Poultry Skin
Lard
Coconut Oil

Monounsaturated Fat

Olive Oil
Canola Oil
Avocado
Pecans

Polyunsaturated Fat

omega-6 Safflower Oil
Corn Oil
Walnuts
omega-3 Flaxseed Oil
Salmon, tuna & sardines

Potassium

Bananas
Citrus & Tomato Juices
Potatoes
Pinto Beans
Milk

Sodium

Canned Soups & Meats
Chips/pretzels
Pickles
Cured Meats
Sauces—BBQ, steak

Calcium

Milk & Yogurt
Cheese
Canned Fish w/ bones
Ca fortified Juice & Cereal
Tofu



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