

# Protect Your Heart—Control Your Cholesterol

## Get Physically Active

**Start with a little activity every day and add a few minutes every week until you reach your goal.**

Getting at least 30 minutes of moderate physical activity at least 5 days a week can **help you:**

- ✓ Reduce your risk of heart attack and stroke
- ✓ Increase your energy
- ✓ Reduce stress and improve mood
- ✓ Control your weight
- ✓ Lower your blood pressure
- ✓ Raise your HDL (“good cholesterol”)
- ✓ Prevent and control diabetes.

### Some Physical Activities That Help You Stay Healthy



Walk *briskly* every day: to work, to school, to do errands



Exercise while watching TV (stretch, use hand weights, or ride a stationary bike)



Get off the subway or bus before your stop and walk the rest of the way



Put on some music and dance — move those arms and hips



Park the car a couple of blocks from where you're going and walk



Play a sport or join an aerobics class



Take the stairs instead of the elevator





Clean your house

**Talk to your health care provider about the best physical activity for you.**

# Protect Your Heart—Control Your Cholesterol

## Eat a Healthy Diet

Taking even one of these steps can make a difference.

	
<b>Don't eat high-fat dairy products</b> (like whole milk and ice cream)	<b>Switch to 1% or non-fat milk, yogurt, cheese, and frozen yogurt.</b> It tastes just as good, without all the fat and calories.
<b>Don't buy a lot of red meat</b>	<b>Choose leaner meats such as skinless chicken, turkey, fish, and leaner cuts of red meat.</b>
<b>Don't eat foods high in saturated and trans fat</b> (like butter, lard, margarine, shortening, and certain cakes and cookies)	<b>Switch to healthier spreads, shortening and packaged foods that are low in saturated fat and say "<u>0 grams trans fat</u>".</b>
<b>Don't buy or cook fried foods</b>	<b>Ask for broiled, grilled, or steamed foods when you eat out, and try cooking this way at home.</b>
<b>Don't skip fruits and vegetables</b>	<b>Add one fruit or vegetable at each meal.</b> They make great snacks, too. Try a new fruit or vegetable each time you shop. Fresh is best – but frozen is okay too, if it's low in salt.
<b>Don't only eat foods low in fiber</b> (like white bread, regular pasta, cereals without whole grains)	<p><b>Choose foods high in fiber.</b></p> <p><b>Grains:</b> Try beans, lentils, barley, oats, whole grain breads, cereals, brown rice and pastas. Choose cereals with high soluble fiber like oat bran.</p> <p><b>Fruits:</b> Try apples (with skin), berries, mangoes, peaches, pears, nectarines, plums, prunes.</p> <p><b>Vegetables:</b> Try carrots, broccoli, spinach, and other dark green leafy vegetables.</p> <p><b>Read food labels</b> on packages and choose foods that contain <b>20% or more fiber</b> per serving. Look for the word <b>soluble</b> on cereals.</p>
<b>Don't snack on a lot of junk food</b> (like chips, candy, and cookies)	<b>Eat healthier, low-fat snacks.</b> Try low-salt popcorn, baby carrots, celery sticks, grapes, apple slices, strawberries, and dried fruit.
<b>Don't skip breakfast</b>	<b>Eat a heart-healthy breakfast every day.</b> Try oatmeal with raisins, whole wheat toast with low-fat cheese and a banana, egg white omelets with vegetables, or low-fat yogurt with fruit.
<b>Don't eat out a lot</b>	<b>Prepare more meals at home or bring healthy food to work.</b> You are in control of what you eat and how much.
<b>Don't eat a lot of fast food</b>	<b>Eat fast food no more than <u>once</u> a week.</b> Say no to "super-size" and large portions. Pick healthier items, like salads with low-fat dressing and grilled foods.

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# Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 2

**Amount Per Serving**

Calories 260      Calories from Fat 120

**% Daily Value\***

Total Fat 13g      20%

Saturated Fat 5g      25%

Trans Fat 0g

Cholesterol 30mg      10%

Sodium 660mg      28%

Total Carbohydrate 31g      10%

Dietary Fiber 0g      0%

Sugars 5g

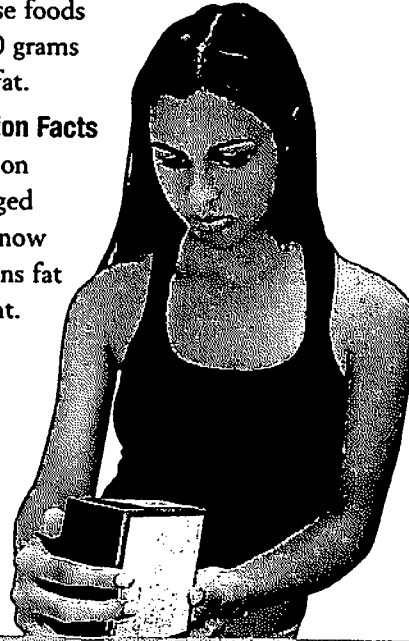
Protein 5g

Vitamin A 4%      Vitamin C 2%

Calcium 15%

## Always Read Food Labels

- Choose foods with 0 grams trans fat.
- Nutrition Facts labels on packaged foods now list trans fat content.

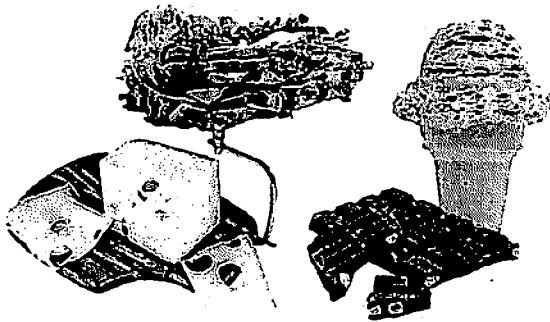


## BAD Fats

Increase your risk of heart disease

### Saturated

- Whole milk, butter, cheese, and ice cream
- Lard and suet
- Meat (beef, pork, bacon, sausage, and deli meats have the most)
- Chicken and other poultry have less, especially with the skin removed
- Chocolate and cocoa butter
- Palm oil
- Coconut products, including milk and oil



- Raises LDL
- Raises HDL

### Trans\*

- Partially hydrogenated vegetable oil
- Many margarines and shortenings
- Many deep-fried foods
- Many fast foods
- Many store-bought baked goods



- Raises LDL
- Lowers HDL

Look for brands that use oils that are not "partially hydrogenated."

## Many Store-Bought and Restaurant Foods Contain Trans Fat

- Trans fat is found in many packaged foods, including:
  - Baked goods (cookies, crackers, cakes, pies, muffins, and some breads, such as hamburger buns).
  - Pre-mixed products (cake, pancake, and chocolate drink mix; pizza dough).
  - Margarine (especially stick margarine) and vegetable shortening.
  - Deep-fried and pre-fried foods (doughnuts, French fries, fried chicken, fish sticks, chicken nuggets, taco shells).
  - Snack foods (potato, corn, and tortilla chips; candy; packaged or microwave popcorn).
- All of these foods are available with 0 grams trans fat. Always read labels.
- Many restaurants use trans fat.

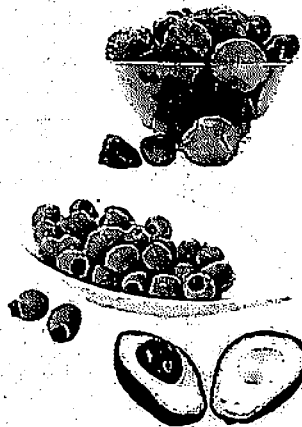
### GOOD Fats

Lower your risk of heart disease

Type of Fat  
Where It's Usually Found

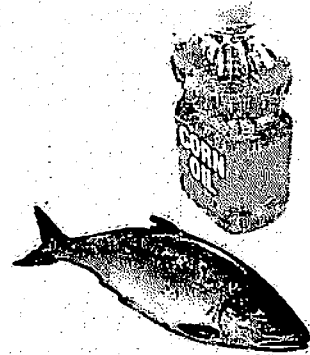
#### Monounsaturated

- Olives
- Olive and canola oils
- Cashews, almonds, peanuts, and most other nuts
- Avocados



#### Polyunsaturated

- Corn, soybean, safflower, sunflower, and cottonseed oils
- Fish and seafood



Effect on Cholesterol Levels (LDL is 'bad' and HDL is 'good' cholesterol)






























- Lowers LDL
- Raises HDL

- Lowers LDL
- Raises HDL

\* Foods that contain trans fat can be made with regular oils instead. ALWAYS READ LABELS.

## Typical Amounts of Trans Fat in Store-Bought and Restaurant Foods

**All of These Foods Are Also Available With 0 Grams Trans Fat**

Food	Serving Size	Grams of Trans Fat
French fries (fast food) 	Medium (5 oz.)	
Microwave popcorn 	1 bag (3½ oz.)	
Doughnut (glazed) 	1 average size	
Pound cake	1 slice (3 oz.)	
Vegetable shortening	1 tablespoon	
Chicken nuggets (fast food) 	5 small nuggets	
Frozen apple pie	1 slice	
Margarine (stick) 	1 tablespoon	
Potato chips 	Small bag (1½ oz.)	
Candy bar 	1 bar (1½ oz.)	
Muffin (commercial bakery) 	1 small (3 oz.)	
Cheese crackers (filled)	6 (1 oz.)	
Tortilla chips (corn)	Small bag (1½ oz.)	
Cookies 	3 cookies (1 oz.)	
Salad dressing (ranch)	2 tablespoons	
White hamburger buns 	1 bun (average)	
Margarine (tub)	1 tablespoon	
Granola bar	1 bar (1½ oz.)	
Pizza 	1 slice (average)	