



Cholesterol Management Information Packet

Your recent blood test has shown that your cholesterol level is _____. A level above 200 is considered an increased risk for heart disease and stroke. The first step in treatment for elevated cholesterol is a change in diet, exercise and stress management. Heart Disease is considered an avoidable disease when people take action early enough and even small changes can prove to be significant.

At this time you are being asked to do the following:

Visit the Self-Care Resource Library located on the second floor of the Tang Center in the Health Promotion Unit. Please watch the *No Nonsense Cholesterol Guide* video. The information provided in this packet will highlight some key points to note. This educational video is 35 minutes long. The Self Care Resource Library is open 11am to 4pm. You do not need an appointment and there is no charge.

Refer to the following online information:

American Heart Association:
www.amhrt.org

National Cholesterol Education Program
www.nhlbi.nih.gov/about/ncep

American Dietetic Association
www.eatright.org

Your health care practitioner _____ would like to follow up with you in _____ months.

For wellness and general lifestyle information visit the Self-Care Resource Center in Health Promotion (2nd floor) or check our website: www.uhs.berkeley.edu to learn more about this medical concern or others.

510-642-2000 for an appointment Clinic Nurse **643-7197** for advice

Building Heart Healthy Habits with Diet and Exercise



You can lower your blood cholesterol and strengthen your heart by modifications to your diet and exercise routine. The success comes, however, when the changes are no longer goals you are working on but in fact, the way you actually live, eat and exercise.

An easy and effective method of building heart healthy habits is to work on one goal at a time. This way, changes are not so overwhelming that you abandon the whole effort. It takes a little longer than “going on a diet” but with time, patience and practice, your new style of eating and exercise will pay off with better health.

Below are the 4 major goals to accomplish for lowering your blood cholesterol. Under each, you will find examples of action goals to help you develop new habits. Focus on one or two action goals per week and continue with them until they become habits.

1. Eat Less Saturated Fats

- Rules for red meat, poultry, fish and seafood:
 - Daily maximum of 6oz. of all cooked meats, poultry, and seafood.
 - Trim visible fat and skin before cooking
 - Select lean cuts of meat
 - Include fish rich in omega-3 fatty acids such as salmon, mackerel and trout
 - Prepare using little added fat
- Cheese: eat part-skim and low-fat cheeses with less than 6 grams fat per ounce
- Dessert: Frozen yogurt, ice milk, sorbet, sherbets, and low-fat cookies
- Drink skim milk, 2-3 glasses per day
- Cook with canola or olive oils
- Top baked potatoes and enchiladas with half yogurt, half light sour cream
- Substitute evaporated skimmed milk in recipes calling for half-n-half or heavy cream
- Use Benecol spread if you do use margarine or butter
- Make muffins and fruit breads using oil instead of butter



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2. Eat Less Total Fat

- Use half your usual portion of mayo and salad dressing
- Eat breakfast: oatmeal, high fiber cereal, bagel, or homemade muffin or fruit bread
- Mix water-packed tuna with half yogurt, half light mayo or mustard
- Replace frozen french fries with fresh potato slices tossed lightly with olive oil. Bake at 400° until done
- Snack on air-popped popcorn, low-fat crackers, fruits and vegetables
- Flavor vegetables with herbs and spices rather than fatty sauces
- Make or buy low-fat salad dressing, or dilute your favorite with vinegar or yogurt
- Sauté foods using less oil in a non-stick pan or try a vegetable spray

3. Eat More Fiber and Other Healthy Foods

- Have a bowl of oatmeal three times per week
- Eat two bean based (legumes) meals (no meat) per week
- Eat a serving of whole fruit and/or vegetables at each meal
- Switch to brown rice. New quick-cooking varieties are ready in 10-15 minutes
- Eat two servings of grain products at every meal (bread, cereal, rice, bagels, pastas, etc.)
- Add beans to salads
- Experiment with soy-based products, aim for 25 grams of soy protein per day



4. Exercise Regularly

- Design a fitness plan with favorite exercise and realistic times to work out
- Start with 20 minutes of aerobic exercise three times a week
- Increase your exercise endurance to 30-40 minutes, five times a week
- Swim, walk or take an aerobic class during your lunch break
- Take the stairs instead of the elevator

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Shopping for Healthier Choices

LEAN MEATS:

Top round, flank steak, sirloin tops, pork tenderloin, center-cut pork chops, Canadian bacon, lunch meats with 0-2 grams of fat/ounce

GROUND MEAT:

Ground turkey; grind your own chicken, turkey breast, or top round; or 10-15% fat ground beef

COOKIES AND CAKE:

Fig Newtons, Marie Lu, gingersnaps, vanilla wafers, graham crackers, angel food cake

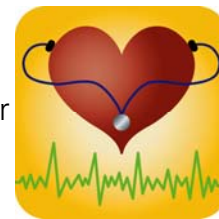
CRACKERS:

Soda, oyster, Ak-Mak, Wasa, rice cakes, RyeKrisp, melba toast

Eating Out Lean

RESTAURANTS:

- Eat half the portion served; take home leftovers for tomorrow's meal
- Order dressings, sauces, and butter on the side
- Try salad instead of cream soups



FAST FOODS:

- Hold the secret sauce
- Try the salad bar with fresh vegetables and low-fat dressing
- Order baked potatoes instead of french fries

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PLEASE READ THIS BEFORE VIEWING THE VIDEO

Before you watch the video, please take some time to read the

- I. Objectives of the Video
- II. Key Points to look for in the video

This will help you grasp the important concepts in the video.

After you have completed the video, take a pop quiz to evaluate your understanding of the material.

- I. Objectives of the video:

- A. Identify the 3 major risk factors associated with the development of heart disease
- B. Understand what cholesterol is
- C. List 4 major dietary changes in lowering blood cholesterol and identify the most important one
- D. Realize the benefits of exercise in decreasing the risks of heart disease

- II. Key points to look for in the video:

- A. What is cholesterol, HDL, and LDL?
- B. What is saturated fat and its relationship with blood cholesterol
- C. What are the dietary guidelines for management and prevention of heart disease?
- D. What are the food sources of saturated fat?
- E. What is the relationship between exercise and blood cholesterol?

- III. Pop quiz questions:

- _____ 1. Cholesterol:
- a) is a waxy, odorless, and fatty substance
 - b) is useless in our body except for clogging up the arteries
 - c) can be found in peanut butter
- _____ 2. To lower blood LDL levels, which of the following is (are) appropriate?
- a) increase exercise gradually to 4-5 times per week at 20-30 minute intervals
 - b) substitute leaner meats such as chicken breast without skin for drumstick
 - c) eat oatmeal with skim milk for breakfast
 - d) eat fish rich in omega-3 fatty acids 3 times a week
 - e) all of the above

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