

# GUIDE TO LOWERING YOUR CHOLESTEROL

Approximately one in every six adults in the United States has high blood cholesterol. A person's risk of heart disease and stroke rises as blood cholesterol levels increase. Too much cholesterol in the blood can lead to cardiovascular disease which is the No. 1 cause of death. The good news is, you can lower your cholesterol and reduce your risk of heart disease and stroke by making lifestyle changes such as:

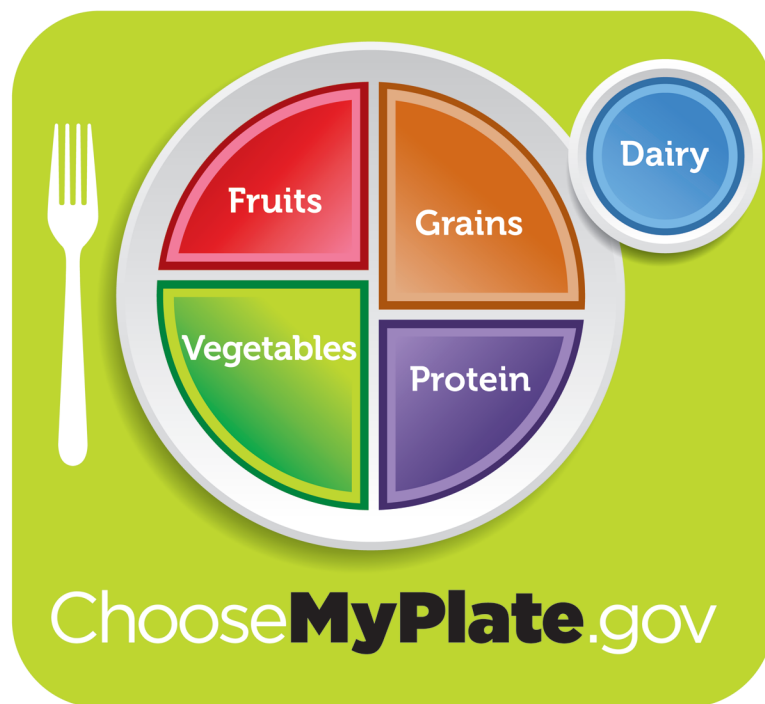
- 1)** eat a heart healthy diet, **2)** lose weight if you need to, **3)** exercise 30 – 60 minutes per day five days a week,
- 4)** control blood sugar, and **5)** stop smoking.

Your ideal total blood cholesterol level should be 200 mg/dl or less and your LDL cholesterol level should be 100 mg/dl or less. A diet to lower your cholesterol includes foods from MyPlate that are low in total fat, saturated fat, transfat, and cholesterol. For a quick estimate of what and how much you need to eat and exercise, please visit

[www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)

CARDIOVASCULAR  
HEALTH PROGRAM  
Alabama Department of Public Health

[ADPH.ORG/cvH](http://ADPH.ORG/cvH)



## 1 BALANCE CALORIES

Find out how many calories YOU need for a day as a first step in managing your weight. Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) to find your calorie level. Being physically active also helps you balance calories.

## 2 ENJOY YOUR FOOD, BUT EAT LESS

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.

## 3 AVOID OVERSIZED PORTIONS

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

## 4 FOODS TO EAT MORE OFTEN

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health – including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.

## 5 MAKE HALF YOUR PLATE FRUITS AND VEGETABLES

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

## 6 SWITCH TO FAT-FREE OR LOW-FAT (1%) MILK

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.

## 7 MAKE HALF YOUR GRAINS WHOLE GRAINS

To eat more whole grains, substitute a whole-grain product for a refined product such as eating whole wheat bread instead of white bread or brown rice instead of white rice.

## 8 FOODS TO EAT LESS OFTEN

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

## 9 COMPARE SODIUM IN FOODS

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."






## 10 DRINK WATER INSTEAD OF SUGARY DRINKS

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

# LEMON VELVET SUPREME

**Serving Size:** 1/6 of recipe

**Yield:** 6 servings

FOOD GROUP AMOUNTS:		
Color	Food Group	Amount
	Grains	½ oz
	Vegetables	--
	Fruit	0
	Dairy	¼ c
	Protein	--

## NUTRIENT TOTALS PER SERVING:

Calories	150
Total Fat	1g
Saturated Fat	0g
Sodium	21mg
Protein	5g

Source: SNAP-Ed Connection

**Ingredients:** 2 cups vanilla yogurt, fat-free  
3 tablespoons instant, lemon pudding mix  
8 squares graham crackers, crushed  
1 can (4 ounces) mandarin orange slices drained (or your favorite fruit)

**Preparation:** 1. Combine vanilla yogurt and pudding mix; gently stir together.  
2. Layer bottom of serving dish with crushed graham crackers.  
3. Pour pudding mixture over cracker crumbs.  
4. Top with mandarin orange slices or your favorite fruit.






# CORN CHOWDER

**Serving Size:** 1 cup

**Yield:** 4 servings

**Ingredients:** 1 tablespoon vegetable oil  
2 tablespoons finely diced celery  
2 tablespoons onion, finely diced  
2 tablespoons finely diced green pepper  
1 package (10 ounces) frozen whole kernel corn  
1 cup raw diced potatoes, peeled  
1 cup water  
¼ teaspoon salt  
Black pepper to taste  
¼ teaspoon paprika;  
2 cups milk, non-fat, divided  
2 tablespoons flour  
2 tablespoons chopped fresh parsley

Source: "A Healthier You." U.S. Department of Health and Human Services.

FOOD GROUP AMOUNTS:		
Color	Food Group	Amount
	Grains	--
	Vegetables	¾ c
	Fruit	--
	Dairy	½ c
	Protein	--

## NUTRIENT TOTALS PER SERVING:

Calories	186
Total Fat	5g
Saturated Fat	1g
Sodium	205mg
Protein	7g

**Preparation:** 1. In medium saucepan, heat oil over medium high heat.  
2. Add celery, onion, and green pepper; sauté for 2 minutes.  
3. Add corn, potatoes, water, salt, pepper, and paprika. Bring to a boil; reduce heat to medium; and cook, covered, about 10 minutes or until potatoes are tender.  
4. Pour ½ cup milk into a jar with a tight-fitting lid. Add flour and shake vigorously.  
5. Add gradually to cooked vegetables; stir well.  
6. Add remaining milk.  
7. Cook, stirring constantly, until mixture comes to a boil and thickens.  
8. Serve garnished with chopped fresh parsley.






# 20-MINUTE CHICKEN CREOLE

**Serving Size:** 1 cup

**Yield:** 8 servings

**Ingredients:** 1 tablespoon vegetable oil  
2 whole chicken breasts, skinless, boneless, cut into ½-inch strips  
1 can (14.5 ounce) diced tomatoes with juice  
1 cup chili sauce, low sodium  
1 large green pepper, chopped  
2 celery stalks, chopped  
1 small onion, chopped  
2 garlic cloves, minced  
1 teaspoon dried basil  
1 teaspoon dried parsley  
¼ teaspoon cayenne pepper  
¼ teaspoon salt

**Preparation:** 1. In a large pan, heat oil over medium-high heat.  
2. Add chicken and cook 5 minutes, stirring occasionally.  
3. Reduce heat to medium and add remaining ingredients.  
4. Bring to a boil then reduce heat to low. Simmer, covered for 15 minutes.  
5. Serve over hot, cooked rice or whole-wheat pasta.

FOOD GROUP AMOUNTS:		
Color	Food Group	Amount
	Grains	--
	Vegetables	½ c
	Fruit	0
	Dairy	¼ c
	Protein	--

## NUTRIENT TOTALS PER SERVING:

Calories	130
Total Fat	3g
Saturated Fat	0g
Sodium	260mg
Protein	9g

Source: SNAP-Ed Connection