

# Controlling your cholesterol (and triglyceride) levels

Your physician has told you that your blood cholesterol level is too high. It may be that your triglyceride level is also too high. You can take action!



**EAT HEALTHY**



**BE ACTIVE 30 min. ON MOST DAYS**



**MAINTAIN OR REDUCE YOUR WEIGHT**



**DO NOT SMOKE**

Find out in this leaflet how **EATING HEALTHY**, one of the “4 winning strategies”, can help improve your results and avoid or reduce medication.

## 1 Adopt winning choices

A varied diet, rich in **vegetables and fruit, whole grain products, lower fat milk products, lean meat, poultry and meat substitutes such as fish, legumes, tofu, nuts and seeds**, is recognized as being very efficient in improving cholesterol levels.

Such a diet compares with the Mediterranean diet that is recognized as being very good for the heart in general. Turn to the back for more information on winning choices.

## 2 Manage your fat intake

### Limit trans fat, saturated fat and dietary cholesterol

Contrary to popular belief, it is not the cholesterol contained in food that mostly increases the level of cholesterol in the blood. A diet rich in trans fat and saturated fat is more often responsible for such an increase.

**Trans fat** is found in commercially prepared products containing partially hydrogenated oil or vegetable oil shortening such as high fat baked goods, fried foods, snack foods, etc.

**Saturated fat and cholesterol** are mostly found in animal products such as high-fat dairy products and meat. Fancy meats, egg yolks, shrimp and squid are other important sources of cholesterol.



### Choose unsaturated fat

Besides being essential for your health, unsaturated fat (**monounsaturated** and **polyunsaturated**) helps control the levels of cholesterol in the blood. Major sources of unsaturated fat are oils, non-hydrogenated margarine, nuts, seeds and avocado. Eat them regularly but **in moderation**, especially if you must control weight gain.

Polyunsaturated fat of the **omega-3** family is also recognized as being beneficial to the heart.

The best sources of omega-3 are fatty fish such as salmon, trout, mackerel, sardines, and herring, as well as ground flaxseed and flaxseed oil. It is also found in lesser quantity in canola oil, walnuts, soy and derived products (tofu, soy beverages, roasted soy beans), as well as in some omega-3 enriched foods (eggs and milk beverages).

## 3 Eat more fibre

Fibre is found only in foods of vegetable origin, like whole grain products, vegetables, fruit and legumes.

A certain kind of fibre, called “soluble” can help bring blood cholesterol down when eaten regularly. It is found mostly in psyllium, ground linseed, bran and oatmeal, legumes, barley and certain pectin-rich fruit such as tomatoes, apples, oranges, strawberries, pears, etc.

And don't forget to drink water regularly to allow the fibre to do its job!

### And if your triglyceride level is too high...

- Reduce your intake of **sugar-rich foods such as desserts (cake, cookies, pastries, etc.), chocolate, soft drinks, and sweets (candy, white sugar, honey, syrup, etc.)**.
- Reduce your alcohol consumption as much as possible.
- Eat sources of omega-3 fat every day
- Reduce your weight, if necessary.



# Choosing the right foods

Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives	Fat
Eat <b>7 to 10 servings a day.</b>	Choose <b>whole grain versions.</b>	Choose <b>low-fat products.</b>	Vary the sources of protein.	Choose higher quality fat while reducing the quantity.

**VERY GOOD CHOICES**

**Allez-y!**  
Foods to choose as often as possible for meals, desserts and snacks.

<p>Vegetables and fruit: fresh, frozen, canned, dried, sauce. Served as is, in soups, salads, with dips, as brochette, in recipes...</p> <p>Don't forget dark green and orange vegetables.</p> 	<p>Whole wheat and whole grain bread, rusks and pasta</p> <p>Brown rice</p> <p>Cereal with 2 g or more of fibre per 30 g serving (or 4 g per 55 g)</p> <p>Oatmeal</p> <p>Oat bran</p> <p>Psyllium</p> <p>Small low-fat muffins made with whole wheat, bran or oats</p> <p>No-fat popcorn</p>	<p>Milk and yogourt with 1% or less M.F.</p> <p>Light cheese with 15% or less M.F.</p> <p>Enriched soy beverages</p>	<p>Non-breaded fish</p> <p>Legumes (peas, beans, lentils, chick peas) and tofu</p> <p>Chicken, turkey and other poultry (skin removed)</p> <p>Low-fat meat, with no visible fat</p> <p>Seafood, except for shrimp and squid</p> <p>Soy-based meat substitutes</p> <p>Egg whites</p> <p>Nuts* and seeds*</p> <p>100% natural peanut butter*</p>	<p>Canola oil*, olive oil* and nut oil*</p> <p>Vinaigrettes made from these oils*</p> <p>Non-hydrogenated margarine*</p>
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**GOOD CHOICES**

**Think about it!**  
Interesting alternatives that should nonetheless be replaced as often as possible by "very good choices".

<p>100% fruit juice</p> <p>Tomato or vegetable juice</p> <p>Sherbet made with fruit purée</p> 	<p>White bread and pasta</p> <p>White rice</p> <p>Breakfast cereal with less than 2 g of fibre per 30 g</p> <p>Soda crackers, melba toast, rice cakes and other crackers with 3 g or less of fat per serving</p> <p>Non-coated cereal bars</p> <p>Angel food cake or sponge cake</p> <p>Cookies containing 5 g or less of fat per serving</p> <p>Pretzels</p>	<p>Milk with 2% M.F.</p> <p>Yogourt between 1% and 3% M.F.</p> <p>Cheese between 16% and 20% M.F.</p> <p>Frozen milk or yogurt, low-fat ice cream</p> <p>Pudding made with partially skimmed milk</p>	<p>Lower fat deli (Chicken or turkey breast, lean ham, roast beef)</p> <p>Peanut butter* (regular or light)</p> <p>Egg yolks (maximum of 2 or 3 a week)</p> <p>Shrimp and squid</p>	<p><i>* These foods contain beneficial fat but are high in calories. They should be eaten in moderation.</i></p> <p><i>You may also use lower-fat versions of some of these foods to better manage your fat and calorie intake.</i></p> <p>Soybean oil*, corn oil*, sunflower oil*, safflower oil*, etc.</p> <p>Vinaigrettes made from these oils*</p> <p>Mayonnaise*</p>
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**LIMIT CONSUMPTION**

**Occasionally**  
These choices are high in fat, especially saturated fat, trans fat or cholesterol.

<p>French fries or other fried vegetables</p> <p>Chips and other snack foods</p>	<p>High-fat baked goods such as croissants, danishes, pies, pastries, doughnuts, cake muffins</p> <p>Crackers with over 3 g of fat per serving</p> <p>Coated cereal bars</p> <p>Cookies with more than 5 g of fat per serving</p>	<p>Milk with 3.25% M.F.</p> <p>Yogourt with 3% or more M.F.</p> <p>Cheese with more than 20% M.F.</p> <p>Ice cream</p>	<p>Breaded or fried chicken or fish</p> <p>Meat with visible fat</p> <p>High-fat deli meats (bacon, sausages, salami, pâté)</p> <p>Skin of poultry, chicken wings</p> <p>Meat pie, quiche and chicken or salmon pie</p> <p>Fancy meats (liver, kidney, sweetbread, brain)</p>	<p>Butter</p> <p>Cream, sour cream</p> <p>Whipped cream</p> <p>Sauces made with butter or cream</p> <p>Shortening</p> <p>Coconut oil, palm oil, palm-kernel oil</p> <p>Fat and lard</p> <p>Margarine made with hydrogenated oil</p>
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