

# Managing Your Cholesterol

It takes a little TLC



## Managing Your Cholesterol - It Takes a Little TLC

Heart disease continues to be the leading cause of death for men and women in the United States. Blood cholesterol is a major risk factor for the development of heart disease. Although modern medicine has developed new and novel ways to treat heart disease, such as drugs and surgical interventions, one of first steps you can take to reduce your risk is to change the way you eat. Diet is a powerful preventive tool that can reduce your chances of developing high cholesterol, or control already elevated cholesterol levels.

The Therapeutic Lifestyle Changes (TLC) diet was created by the National Institutes of Health's National Cholesterol Education Program (NCEP). The goal of the TLC diet is to limit cholesterol-raising fats, like saturated fat and trans fat, while at the same time increasing consumption of foods that lower cholesterol.

Although the TLC diet is tailored for people with existing heart disease, at high risk of heart disease, or who have high cholesterol, the TLC diet's eating strategies can fit into the diet of any healthy person over two years of age. This means that your entire family can benefit from these guidelines – which also makes your life easier since you don't have to cook separate meals each night.

The following table highlights the TLC diet guidelines, what they mean and the food sources you should choose or avoid. These guidelines will help give you a jump-start on your cholesterol-lowering goals today.



Below is an example of how the TLC diet guidelines would be implemented for someone on a 1,800-calorie diet. You may require more or fewer calories for weight loss or maintenance; see your registered dietitian or physician to determine your caloric needs. You may wonder how you can incorporate these guidelines into your hectic lifestyle. Take the following steps one day at a time and focus first on the foods in your diet that are high in saturated and trans fat. Start by making simple substitutions for saturated and trans fats with mono and polyunsaturated fats. Couple this with a focus on soluble fiber from fruits, vegetables and whole grains. Engage in regular physical activity – and you are well on your way toward reaching your health goals.

| TLC Diet Guidelines                                       | Why? What does this mean?   | Food Sources   |
|---|---|--|
| <b>SATURATED FAT</b><br>Less than 7% of total calories    | Diets high in saturated fats are linked to increased risk of coronary heart disease. Saturated fats are thought to have the most potent LDL ("bad") cholesterol-raising potential.  | Fatty cuts of meat, skin on poultry, egg yolks, lard, butter, whole milk dairy products, palm kernel, palm and coconut oils, desserts and sweets, fried foods and most fast foods. These fats are generally solid at room temperature.   |
| <b>TRANS FAT</b><br>As little as possible                 | Trans fats are formed when a liquid fat is turned into a solid one; a process called hydrogenation or partial hydrogenation. Research indicates that trans fat have the same cholesterol-raising effect that saturated fats do. In addition, trans fats tend to raise our triglycerides and lower heart-protective HDL cholesterol. Therefore we recommend keeping your trans fat intake as low as possible.        | To keep your trans fat intake low, limit foods with the following ingredients: partially hydrogenated oil, hydrogenated oil, stick margarine and shortening. Limit your intake of fried foods, crackers, cakes, pies and other foods containing the these fats. Choose foods labeled "Trans Fat Free." |
| <b>MONOUNSATURATED FAT</b><br>Up to 20% of total calories | Monounsaturated fats are the most desirable source of fat in the diet. Substituting monounsaturated fats for saturated fats will reduce both total and LDL cholesterol. These fats will not lower HDL cholesterol.  | Olive and canola oils, nuts, nut butters and oils (e.g. peanut butter, almond oil), avocados and olives. These fats remain liquid at room temperature, but solidify slightly when placed in the refrigerator.  |
| <b>POLYUNSATURATED FAT</b><br>Up to 10% of total calories | Diets moderate in polyunsaturated fats are generally recommended. Substituting polyunsaturated fats for saturated fats will reduce both total and LDL cholesterol, but does still have the potential to lower heart-protective HDL cholesterol when consumed in large amounts.  | Soybean, safflower, sunflower, cottonseed and corn oils, pumpkin and sunflower seeds, most salad dressings and mayonnaise. These fats stay liquid at room and refrigerator temperatures.   |
| <b>TOTAL FAT</b><br>25% - 35% of total calories           | All of the fat you consume on a daily basis should not exceed 35% of your total calories. Research indicates that the lowest incidence of heart disease in many regions and cultures, such as traditional Mediterranean diets, consume approximately 25%-35% total calories each day from fat. But keep in mind, these diets contain the greatest percentage of fat calories from mono and polyunsaturated sources. | The food sources listed above for monounsaturated, polyunsaturated, saturated and trans fat make up your total fat intake.   |

| TLC Diet Guidelines  | Why? What does this mean?   | Food Sources  |
|--|---|---|
| <p><b>DIETARY CHOLESTEROL</b><br/>Less than 200 milligrams each day; if you have normal cholesterol, less than 300 milligrams per day.</p> | <p>Excess intake of dietary cholesterol has been linked to increased risk of heart disease. Consuming less than 200 milligrams per day is a prudent attempt to reduce your risk.</p>  | <p>Cholesterol comes from two sources: one that your body creates and another found in animal products (meat, poultry, fish, egg yolks and high fat dairy). Choose reduced-fat or lean sources of animal products to help reduce your dietary cholesterol intake.</p>   |
| <p><b>CARBOHYDRATES</b><br/>50% - 60% of total calories</p>  | <p>Carbohydrates are the building blocks of a heart-healthy diet. Choose high-fiber, complex carbohydrates (instead of highly processed sources) to get the maximum nutritional benefit from these foods.</p>   | <p>Whole grain or oat based breads, crackers, pastas and cereals; other whole wheat/grain-based flour products; brown or wild rice; couscous, quinoa, barley, buckwheat; lentils, split peas and beans; fruits and vegetables.</p>  |
| <p><b>DIETARY FIBER</b><br/>20-30 grams per day</p>  | <p>Dietary fiber, specifically the viscous (soluble) form, is associated with a decrease in cholesterol and a host of other health benefits.</p>  | <p>All of the above complex carbohydrate food sources. Aim for 12 or more grams of viscous (soluble) fiber each day by increasing oatmeal, oat bran, barley, lentils, split peas, beans, flaxseed, fruits and vegetables. Aim for 8 or more servings from fruits and vegetables daily, eat legumes like beans or lentils at least 3 times a week and choose only whole-grain flour based products.</p>  |
| <p><b>PROTEIN</b><br/>Approximately 20% of total calories</p>  | <p>Dietary protein can come from both plant and animal sources and is an essential nutrient to good health. However, many protein sources (especially animal sources) contain high levels of saturated fat and cholesterol. Choose lean sources and trim away visible fat/skin.</p>       | <p>Major sources of protein in the diet: beef, veal, pork, fish, chicken, legumes like lentils and beans, dairy products, nuts, seeds and soy foods.</p>  |
| <p><b>TOTAL CALORIES</b><br/>Balance energy intake with output to achieve or maintain a desirable body weight</p>                          | <p>Unnecessary calories, regardless of the source, result in weight gain. Excessive weight gain over time can result in obesity, diabetes, high blood cholesterol, high blood pressure, joint problems and other debilitating diseases, including heart disease.</p>                      | <p>Aim to consume 4-6 small meals and snacks daily. Avoid skipping meals and eating late at night to maintain an optimal weight.</p>  |
| <p><b>PLANT STEROL/<br/>STANOL ESTERS</b></p>  | <p>Plant sterols/stanols esters are substances naturally occurring in plants. They are similar in structure to the cholesterol molecule. When ingested, they inhibit cholesterol from being absorbed in the small intestine, resulting in a net decrease in blood cholesterol levels.</p> | <p>The NCEP recommends incorporating foods or beverages enriched with sterols/stanols esters as an enhancement to therapy prescribed by your physician, NOT as a replacement for diet, lifestyle change or prescribed lipid-lowering medications. Many sterols/stanols esters are available on the market, such as sterol-enriched margarines, granola bars, orange juice and yogurt. For example, Heinen's carries Promise active™ or Benecol® spreads – both products contain these cholesterol-lowering ingredients.</p> |

| NUTRIENT                                   | 1,800 - CALORIE DIET                               |
|--|--|
| Saturated fat, <7% of calories             | 14 grams or less per day                           |
| Polyunsaturated fat, up to 10% of calories | Up to 20 grams per day                             |
| Monounsaturated fat, up to 20% of calories | Up to 40 grams per day                             |
| Total fat, 25% - 35% of calories           | 50-70 grams per day                                |
| Carbohydrate, 50% - 60% of calories        | 225-270 grams per day                              |
| Protein, about 15% of calories             | Around 67 grams per day                            |
| Cholesterol                                | Less than 200 milligrams per day                   |
| Fiber                                      | 20-30 grams per day, with a focus on soluble fiber |

### Sample 1,800 - Calorie Diet:

#### Breakfast:

½ cup cooked Quaker® Old Fashioned oatmeal  
 ½ cup fresh blueberries  
 ½ cup skim milk  
 1 slice whole wheat toast  
 1 Tbsp. natural peanut butter

#### Snack:

8 oz. nonfat yogurt  
 1 medium apple

#### Lunch:

2 oz grilled chicken breast, sliced  
 2 cups mixed greens with ¼ cup  
 diced red and yellow peppers,  
 ¼ cup diced red onion,  
 6 cherry tomatoes  
 5 slices of cucumber  
 1 Tbsp. grated Parmesan cheese  
 2 tsp. extra virgin olive oil  
 1 Tbsp. balsamic vinegar  
 1 cup vegetable soup  
 1 medium pear

#### Snack:

Nature Valley® Heart Wise granola bar \*

#### Dinner:

3 oz. Atlantic salmon fillet,  
 broiled  
 1 cup brown rice  
 1 cup steamed broccoli  
 1 Tbsp light Promise activ™ spread  
 4 oz. nonfat chocolate pudding

#### Nutritional Analysis:

Calories 1,750  
 Total fat 54g, 27% of calories  
 Saturated fat 9g, 5% of calories  
 Cholesterol 110mg  
 Sodium 2,480mg  
 Total carbohydrate 246g, 55% of calories  
 Dietary fiber 32g  
 Protein 85g, 19% of calories

\* May not be available in all stores

### Here's to Your Good Health

You can enjoy tremendous health benefits when you make small but significant changes in the way you eat. A great first step is to take advantage of the Healthy Appetite program, designed by Cleveland Clinic and Heinen's. For nutrition tips and meal ideas, please visit [www.heinens.com/healthyappetite](http://www.heinens.com/healthyappetite). Here's to your good health!



This brochure is brought to you by **Healthy Appetite**, a program designed by **Cleveland Clinic and Heinen's** to provide shoppers with nutritional and educational information, so they can make healthier food and lifestyle choices – choices that will ultimately enhance personal health and wellness.

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