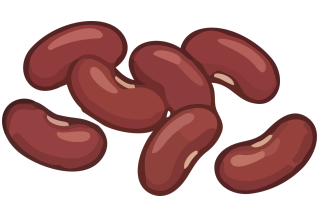




Heart-Healthy Habits: Improving Cholesterol and Triglyceride Levels

HDL (“Good Guy”) Women >50 Men > 40	LDL (“Bad Guy”) LDL <100	TRIGLYCERIDES + VLDL Triglycerides <150 VLDL 2-30
Choose unsaturated fats several times a day: • Olive oil (salad and low heat cooking) • Canola oil (high heat cooking) • Avocados • Nuts and seeds (especially, walnuts and chia seeds) • Fatty fish (tuna and salmon) Choose carbohydrate sources with fiber: • Whole grains • Fruits • Vegetables • Nuts • Seeds • Beans	Eat more of these to boost your soluble fiber intake:  • Citrus • Stone fruit • Berries • Apples • Pears  • Oats  • Beans • Lentils • Chia seeds • Flax seed (ground)  • Brussel sprouts • Winter squash • Green beans • Sweet Potatoes • Carrots Are you eating enough fiber daily? <u>Under 50 years:</u> Women - 28g Men - 34g <u>Over 50 years:</u> Women - 22g Men - 28g Aim to get 5-10g of soluble fiber to help reduce LDL	Energy regulation is key: • Eat consistently, every 3-4 hours to prevent overeating later in the day. • Pair carbohydrates with protein, included fiber or choose fiber rich carbohydrates as a bonus! • Consume added sugar as part of a balanced meal. When eaten alone it leads to greater blood sugar spikes. • Use caution with “fun foods” that it’s easy to eat a lot of quickly. (ex. chips, candy, soda, etc.) They are best eaten with a balanced meal and only a few times per week.
• Add in joyful movement - Aim for 150 minutes per week of movement that feels good to you. • Aim for 5-10% weight loss • Stop Smoking • Manage stress		

This handout provides general nutrition information and is not intended to replace individualized medical or nutrition advice. Please consult your healthcare provider for recommendations specific to your needs.