



# 11 Top Strategies for Lowering LDL

1. Consume foods that are naturally high in fiber, especially soluble fiber. Soluble fiber is found in legumes, fruits and root vegetables, as well as oats, barley and flax. See the chart on this page. For every 1 or 2 grams of soluble fiber you consume daily, you will lower your LDL by 1%. Try to consume 10-25 grams of soluble fiber per day. If you have trouble consuming a lot of soluble-fiber rich foods, talk to your physician about using psyllium husk.
2. Eat 6 to 8 small meals daily instead of 1 or 2 large ones.
3. Use only nonfat dairy products. Regular dairy products like whole milk, butter, cheese, cream cheese and ricotta cheese are very high in saturated fat.
4. Accumulate 30 minutes of moderate intensity physical activity on most days of the week, to help raise HDL. Alternately, try to walk at least 2-3 miles per day at least 5-6 days per week.
5. Limit the amount of saturated fat you consume from dairy products, red meat and tropical oils. Ideally, you should consume no more than 5% of your daily calories from saturated fat (around 10-11 g for most people). Base most of your meals on beans, vegetables, fruits and whole grains,

with a minimum of low-saturated fat animal protein foods like nonfat dairy, fish & egg whites.

6. Avoid foods with added trans-fat. This fat comes from partially hydrogenated vegetable oils often found in fried foods and processed foods like crackers, baked goods and desserts. Generally, the more solid the fat is, the higher the trans-fatty acid content.
7. Limit your daily cholesterol intake to no more than 100 mg.
8. If you are overweight, lose weight. This will help lower your total cholesterol and raise your HDL. The best way to lose weight and keep it off is to exercise and eat a diet that is high in fiber and low in calorie density.
9. Try to include soy protein in your diet, especially in place of animal protein. Studies show that 25 g of soy protein per day can help lower cholesterol when part of a healthy diet.
10. Limit your intake of sugar and fructose. This should lower triglycerides, aid weight loss and will help lower LDL.
11. Consider using sterol and stanol rich margarines and salad dressings such as Take Control or Benecol -- up to 2 grams per day.

By James J. Kenney, PhD, RD, FACN

## Where Is The Soluble Fiber?

Increase these foods in your diet. They contain 2 or more grams of soluble fiber, which helps lower cholesterol.

Food	Serving	Where
cooked oatmeal	1 cup	breakfast
oat bran	1 cup	breakfast, muffins
cooked rye cereal	1 cup	breakfast
barley, cooked	1 cup	side dish, soups
avocado	1/2	sandwiches, salads
broccoli	1 cup	salads, side dish, snack
brussels sprouts	1 cup	side dish
carrots	1 cup	side dish, snack, salads
collard greens	1 cup	stir frys, side dish
parsnips	1 cup	stir frys, side dish
sweet potato	1 large	side dish
beans, cooked	1 cup	salads, pasta, soups
split peas	1 cup	soups
lentils	1 cup	salad, pasta, soups
apricots, figs	1/2 cup	salad, snack, dessert
prunes	6	snack, dessert
flax seeds, ground	1/4 cup	cereal, salad, smoothie
sunflower seeds	1/2 cup	salads, snack

Source: Nutr V Database, The Healthiest Diet In The World 1998 Dutton

## Where's The Saturated Fat?

Limit these foods because they are high in saturated fat, which raises blood levels of cholesterol.

Food	Serving	Sat. fat g	Where
Prime rib	8 oz slice	32	restaurants
Coconut milk	1/2 cup	21	tropical drinks
Dried coconut	1 oz	16	topping, candies
Coconut oil	1 Tbsp	12	processed foods
Palm kernel oil	1 Tbsp	11	popcorn
Cake donut	1 donut	11	bakery
Ricotta cheese	1/2 cup	10	Italian style foods
Ground beef	3 oz	9	burgers, etc...
Butter	1 Tbsp	7.5	spread, etc...
Regular cheese	1 oz	7	pizza, etc...
Cream	2 Tbsp	7	desserts, coffee
Ice cream	1/2 cup	7	dessert
Cream cheese	2 Tbsp	6	bagels, desserts
Croissant/Danish	1 piece	6	bakery
Biscuit	1 each	6	restaurant, home
Cream soup	1 cup	5	restaurant, home
Whole milk	1 cup	5	dairy goods
Chicken wings	4 ounces	4	restaurant, home

Sources: Nutr V Database, *Bowes & Churches Food Values of Portions Commonly Used*