

# Quick and easy ways to help lower your cholesterol

INFORMATION  
FROM YOUR  
DOCTOR

## EXERCISE

Lack of physical activity has been shown to double a person's risk of getting heart disease. When combined with a low-fat diet, regular activity can help you decrease your total cholesterol level, increase your HDL ("good" cholesterol) level, and lose weight. Other benefits include the prevention of bone loss and increase muscle strength. Exercise may also help reduce your risk of high blood pressure, diabetes, colon cancer, depression and anxiety. It's a great investment in your well-being.

Health experts recommend adding at least 2.5 hours of steady walking (or other activities) to your weekly schedule, especially if you do not exercise regularly (more than 3 or 4 times per week).

NOTE: Consult your physician before beginning an exercise program, particularly if you have a health problem such as diabetes or high blood pressure. Remember to stop exercising and consult your doctor if you have,

- ↔ Tightness, discomfort or pain in your chest
- ↔ Excessive shortness of breath
- ↔ Extreme fatigue
- ↔ Dizziness or nausea
- ↔ Long-lasting ankle or knee pain
- ↔ Lightheadedness
- ↔ Cold sweat, disorientation



### Here are some ways to fit in walking 2.5 hours weekly

- ↔ Choose 5 days each week and walk briskly for 30 minutes on each day. Take the dog and/or the kids.
  - ↔ Choose 3 days each week; walk for 50 minutes daily.
  - ↔ At work, walk 10 to 15 minutes at lunch or on a coffee break and 15 minutes before you go home.
  - ↔ If walking for 10-20 minutes seems a lot, start with shorter walks and increase over time.
- (Always reduce activity during hot and humid weather.)

### Here are other tips for working activity into your life

- ↔ Use exercise equipment while listening to music or watching television. Get up during TV commercials.
- ↔ Work in the garden.
- ↔ Walk or bike to the store instead of driving.
- ↔ Park 1/2 to 1 mile away at the mall or at the office; this means a 10-20 minute walk twice a day.
- ↔ Take the stairs instead of the elevator.
- ↔ Walk to deliver messages at work.
- ↔ Join a fitness center near work; work out before or after work.
- ↔ Schedule exercise time on your business calendar; regard it as important as any other appointment.



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## Diet

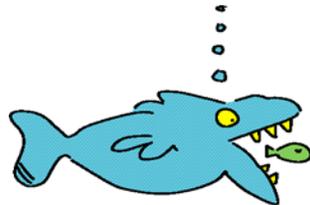
Here are some tips for lowering the fat in you diet.

### Breakfast

- ♣ Try to include grains by having whole-grain cold or cooked cereals. Choose rolled oats for more fiber.
- ♣ Try English muffins, bagels, or toast with jelly, or go easy on butter and margarine; use low or non-fat cream cheese.
- ♣ Eat smaller servings of breakfast meat and try low-fat versions of breakfast strips and sausage, but still keep portions small.
- ♣ Try an egg alternative containing egg whites only.
- ♣ Try topping toast and waffles with jam, fresh fruit, or syrup.

### Lunch

- ♣ Try water- rather than oil-packed tuna.
- ♣ If having lunchmeat, use sliced lean or low-fat beef, ham, etc.
- ♣ Go easy on meat and cheese, and heavy on lettuce, tomato, sprouts. Also go easy on mayonnaise or use 'light' or fat-free varieties.
- ♣ Instead of sandwiches, try pasta or green salads, low-fat soups.



### Dinner

- ♣ Eat more whole grains and dietary fiber (25-35mg fiber daily), such as oats, rice, barley. Try whole-wheat or high-fiber pasta.
- ♣ Eat baked or broiled potatoes rather than fried potatoes.
- ♣ Choose extra-lean ground beef, ground turkey or veggie burgers. Brown meat, drain off fat, and rinse with hot water. Or grill hamburger; absorb fat with paper towels.
- ♣ Trim fat off meats, and keep servings small (about 3 ounces). Stretch meat by mixing it with rice noodles, etc. Buy lean cuts of beef and pork and stay away from organ meats.
- ♣ Remove skin from poultry; try white rather than dark meat.
- ♣ Look for nonfat cooking methods on packaged prepared foods.
- ♣ The highest fat content is often in sauces and gravies. At home, recipes can be modified without losing flavor. When eating out, choose meals without sauces, or ask for a low-fat alternative.

### Dairy

- ♣ Progress from whole milk to 2% to 1% to skim, or to canned evaporated skim. Go as far as you can.
- ♣ Add evaporated skim to 'regular' skim milk to make it thicker and creamier. Use evaporated skim milk, not cream, in recipes.
- ♣ Drink low-fat milk well chilled; it tastes better. Try buttermilk; it is a great lower-fat milk choice.
- ♣ Cheese is very high in fat; limit intake to 1 slice (1 ounce). Look for processed cheese products with 2 grams of fat or less per slice. Cook with 1% low-fat cottage cheese for lasagna, etc.
- ♣ Instead of ice cream, choose ice milk, sorbet, or sherbet. Also try low-fat or fat-free versions of ice cream, but limit portions, as these often have more sugar. Try frozen yogurt.



### Salads and vegetables

- ♣ Salads can be filling and low in calories and fat. Go for variety by adding beans and other vegetables.
- ♣ Beware of salad bar choices such as shredded cheese and macaroni and potato salads, which are all high in saturated fat.
- ♣ Avoid dressings based on mayonnaise or sour cream; try fat-free and low-fat dressings. Serve salad dressing on the side to control use.
- ♣ Make vegetables a bigger part of your plate! Use a low-fat margarine spray on cooked vegetables; add fresh herbs for flavor.



### Other cooking tips

- ♣ Try baking, broiling, steaming or poaching instead of frying. If frying, use oil or oil spray instead of meat fat, butter, etc. Use oil spray instead of oil for coating pans.
- ♣ For baked goods substitute applesauce for required oil, margarine. Applesauce adds and holds moisture just like fat does.