

Protect Your Heart—Control Your Cholesterol

Eat a Healthy Diet

Taking even one of these steps can make a difference.

	
Don't eat high-fat dairy products (like whole milk and ice cream)	Switch to 1% or non-fat milk, yogurt, cheese, and frozen yogurt. It tastes just as good, without all the fat and calories.
Don't buy a lot of red meat	Choose leaner meats such as skinless chicken, turkey, fish, and leaner cuts of red meat.
Don't eat foods high in saturated and trans fat (like butter, lard, margarine, shortening, and certain cakes and cookies)	Switch to healthier spreads, shortening and packaged foods that are low in saturated fat and say "0 grams trans fat"
Don't buy or cook fried foods	Ask for broiled, grilled, or steamed foods when you eat out, and try cooking this way at home.
Don't skip fruits and vegetables	Add one fruit or vegetable at each meal. They make great snacks, too. Try a new fruit or vegetable each time you shop. Fresh is best – but frozen is okay too, if it's low in salt.
Don't only eat foods low in fiber (like white bread, regular pasta, cereals without whole grains)	Choose foods high in fiber. Grains: Try beans, lentils, barley, oats, whole grain breads, cereals, brown rice and pastas. Choose cereals with high soluble fiber like oat bran. Fruits: Try apples (with skin), berries, mangoes, peaches, pears, nectarines, plums, prunes. Vegetables: Try carrots, broccoli, spinach, and other dark green leafy vegetables. Read food labels on packages and choose foods that contain <u>20% or more fiber</u> per serving. Look for the word <u>soluble</u> on cereals.
Don't snack on a lot of junk food (like chips, candy, and cookies)	Eat healthier, low-fat snacks. Try low-salt popcorn, baby carrots, celery sticks, grapes, apple slices, strawberries, and dried fruit.
Don't skip breakfast	Eat a heart-healthy breakfast every day. Try oatmeal with raisins, whole wheat toast with low-fat cheese and a banana, egg white omelets with vegetables, or low-fat yogurt with fruit.
Don't eat out a lot	Prepare more meals at home or bring healthy food to work. You are in control of what you eat and how much.
Don't eat a lot of fast food	Eat fast food no more than <u>once</u> a week. Say no to "super-size" and large portions. Pick healthier items, like salads with low-fat dressing and grilled foods.