

## HEART HEALTHY TIPS

A fasting blood cholesterol test can give your doctor important information. A good cholesterol profile is as follows:

•	Total cholesterol = less than 200	Your number
•	Triglycerides (blood fat) = less than 150	Your number
•	HDL cholesterol = greater than 40	Your number
	LDL cholesterol	Your number

- o Poor = greater than 160
- o Acceptable = less than 130
- o Best = less than 100
- o Diabetic or history of heart disease = less than 100

## COMPARE YOUR CHOLESTEROL NUMBERS WITH THE GUIDELINES AS ABOVE. YOU CAN GET YOUR RESULTS FROM OUR STAFF IF YOU NEED THEM.

Increase the amount of fruits and vegetables in your diet. Current recommendations suggest that you
eat at LEAST FIVE servings of a fruit and/or vegetables per day. The following foods help to lower your
cholesterol:

•	Apples	Broccoli	Brown Rice	Beans	Berries	Oat Bran
•	Corn	Mangoes	Melons	Cantaloupes	Pears	Sweet Potatoes

- 2. Eat two servings per week of cold water fish (Salmon, Tuna, Rainbow Trout)
- 3. If your HDL Cholesterol is low start exercising. Shoot for 30 minutes of aerobic exercise (walking, biking, swimming, running) at least 3-4 times per week. Your can also add the vitamin Niacin to your diet. Start at 250 mg daily at night. You must take it with an aspirin or applesauce as it can cause flushing. Increase it to 500 mg at night after a few weeks.
- 4. Add Plant Sterols to your diet. You can get them through adding heart healthy margarines (Smart Balance or Promise Activ). You can also take a pill {Cholestoff by Nature Made or Centrum Specialist Heart (take 2 tabs daily)}.
- 5. Decrease the amount of red meat and processed foods in your diet. Eat less fried foods. If you fry then do it in Olive Oil (cold pressed is best– California Olive Ranch Vitacost.com has cheaper prices). Sunflower oil is another good alternative and costs less.
- 6. Add Oatmeal or Cheerios to your diet.
- 7. If your Triglycerides are elevated then you can lower it by taking Fish Oil Tablets. You can start by taking Fish Oil Tablets by Nature Made 1200 mg. Take 2 tabs daily.