

# **CHOLESTEROL**

## **HOW TO LOWER CHOLESTEROL**

### **WHY BOTHER?**

HEART DISEASE IS THE NUMBER ONE KILLER OF AMERICAN WOMEN. IT IS MAINLY CAUSED BY HAVING TOO MUCH 'FAT' IN THE BLOOD. THE FAT FORMS ATHEROMA'S THAT CLOG THE ARTERIES. THIS SERIOUS PROCESS, CALLED ATHEROSCLEROSIS, RESULTS IN DECREASED BLOOD FLOW TO VITAL TISSUES AND ORGANS – EVENTUALLY LEADING TO A HEART ATTACK OR STROKE. THERE ARE TWO TYPES OF FAT THAT CAN CAUSE DAMAGE IF THEIR LEVELS ARE TOO HIGH - CHOLESTEROL AND TRIGLYCERIDES. A SPECIAL BLOOD TEST TAKEN AFTER FASTING FOR AT LEAST 12 HOURS CAN TELL IF ONE OR BOTH OF THESE FATS ARE TOO HIGH.

### **TRIGLYCERIDES**

IF YOU'RE TRIGLYCERIDE LEVEL IS TOO HIGH, FIXING THE PROBLEM IS USUALLY QUITE STRAIGHT FORWARD. ELEVATED TRIGLYCERIDES ARE USUALLY SECONDARY TO OBESITY AND POOR DIET (I.E. TOO MANY CALORIES IN THE DIET). THE WORST CALORIE OFFENDERS ARE REFINED SUGARS AND OTHER CARBOHYDRATES (E.G.. SOFT DRINKS AND ALCOHOL, IN PARTICULAR BEER). THE AIM IS TO GET YOUR WEIGHT DOWN AND THE TRIGLYCERIDES USUALLY FOLLOW.

### **CHOLESTEROL**

CHOLESTEROL IS A WHITE FATTY SUBSTANCE FORMED IN THE LIVER. HIGH LEVELS ARE CAUSED BY DIETS HIGH IN ANIMAL PRODUCTS (I.E. STEAK AND BUTTER). MOST PEOPLE CAN LOWER THEIR CHOLESTEROL BY DIET AND EXERCISE HOWEVER A GENETICALLY DEFINED LIMIT OFTEN EXISTS. IN THESE CASES MULTIPLE HIGHLY EFFECTIVE MEDICATIONS EXIST TO CONTROL THE LEVELS OF CHOLESTEROL.

NOTE: ALTHOUGH CHOLESTEROL IS PRESENT IN ANIMAL FOOD, IT IS NECESSARY TO REDUCE THE AMOUNT OF ALL SATURATED FATS (PLANT & ANIMAL) AND LOSE EXCESS WEIGHT IN ORDER TO GET CHOLESTEROL DOWN. FOODS RICH IN STARCH (SUCH AS BREAD, RICE, AND PASTA) AND FIBER HELP TO REDUCE CHOLESTEROL.

## **GOLDEN RULES:**

1. KEEP TO YOUR IDEAL WEIGHT
2. HIGH-FIBER DIET
3. EAT FISH AT LEAST TWICE A WEEK
4. AVOID FAST FOODS
5. AVOID DEEP FRIED FOODS
6. REGULAR EXERCISE
7. TRIM FAT FROM MEATS
8. AVOID FATTY SNACKS
9. DRINK MORE WATER
10. DO NOT SMOKE

## **A LOW CHOLESTEROL DIET**

### **FOODS TO AVOID**

<b>EGGS:</b>	WHOLE EGGS, EGG YOLK
<b>MILK:</b>	WHOLE MILK & ITS PRODUCTS - BUTTER, CREAM, CHEESE, ICE-CREAM, YOGURT, CONDENSED MILK
<b>ORGAN MEATS:</b>	BRAINS, LIVER, LIVERWURST KIDNEY, SWEETBREAD
<b>SEAFOOD:</b>	PRAWNS, SQUID (CALAMARI), FISH ROE, CAVIAR, FISH FINGERS, CANNED FISH IN OIL (SARDINES)
<b>MEATS:</b>	FATTY MEATS-BACON, HAM, SAUSAGES, SALAMI, CANNED MEATS, PRESSED MEAT, HAMBURGER MINCE
<b>POULTRY:</b>	DUCK, GOOSE, SKIN OF CHICKEN & TURKEY, PRESSED CHICKEN
<b>BAKERY FOOD:</b>	PIES, PASTRIES, CAKES, BISCUITS DOUGHNUTS
<b>FAST FOOD:</b>	FRIED CHICKEN, CHIPS, FISH, PIZZA SPRING ROLLS, HOT DOGS, FRIED RICE
<b>NUTS:</b>	CASHEWS, MACADAMIA NUTS, COCONUT, ROASTED NUTS, BRAZIL NUTS, PEANUTS, PEANUT BUTTER
<b>FRUIT &amp; VEGGIES:</b>	
<b>MISC.:</b>	GRAVIES, POTATO CHIPS, CARAMEL, CHOCOLATE, BUTTERSCOTCH, "HEALTH FOOD" BARS, FUDGE, COFFEE WHITENER & OTHER CREAM SUBSTITUTES, TOASTED BREAKFAST CEREALS
<b>OILS &amp; FATS:</b>	SATURATED FATS-LARD, DRIPPINGS, SUET, COOKING MARGARINE, COCONUT OIL, PALM OILS, MAYONNAISE
<b>COOKING METHODS:</b>	FRYING, ROASTING IN FAT

### **SUITABLE FOODS**

EGG WHITES
LOW-FAT MILK, SKIM MILK & ITS PRODUCTS-COTTAGE & RICOTTA CHEESE, BUTTER-MILK, NON-FAT YOGURT NONE
FRESH FISH, SCALLOPS, OYSTERS, CANNED FISH IN WATER, LOBSTER & CRAB (IN SMALL AMOUNTS) RABBIT, VEAL WITHOUT FAT, LEAN CUTS OF BEEF, LAMB & PORK CHICKEN, TURKEY (LEAN & WITHOUT SKIN), PREFERABLY FREE RANGE BREAD, CRUMPETS, WATER BISCUITS HOMEMADE ITEMS (PIES) (IF PROPER INGREDIENTS USED) NONE
PECAN NUTS, HAZELNUTS, WALNUTS, ALMONDS, SEEDS IN MODERATION ALL TYPES ARE VERY IMPORTANT EAT LOTS!!! RICE, PASTA, CEREALS, JELLY, HERBS, SPICES, TEA, COFFEE, ALCOHOL IN SMALL AMOUNTS CANNED SPAGHETTI, HONEY, JAM
POLYUNSATURATED FATS MARGARINE, SALAD DRESSINGS, VEGETABLE OILS - OLIVE, WALNUT, CORN, SOYA BEAN, SUNFLOWER, SAFFLOWER, COTTONSEED USING VEGETABLE OILS, BAKING, BOILING, GRILLING, STEWING