



Eating Well to Lower Cholesterol

Eating a heart-healthy diet and regular exercise can lower your cholesterol. If you're trying to lower your cholesterol, eat foods low in saturated fats and avoid trans-fats. Keeping a healthy weight, exercising and following your doctor's advice can also help you lower your cholesterol. If needed, your doctor may prescribe you cholesterol-lowering medication.

How can I raise my good cholesterol (HDL)?

HDL may help prevent plaque build-up in arteries and lower your risk of heart disease. Genetics, along with lifestyle and diet changes, can influence HDL levels.

- Increase aerobic activity—30 minutes at least four times per week. This includes walking, biking, jogging or swimming.
- Stop smoking. Amber Specialty Pharmacy has smoking cessation materials available upon request.
- Be at a healthy body weight.
- Increase healthy dietary fat from foods like olives, olive oil, nuts and canola oil. This includes omega-3 fats from salmon and other fish.
- Avoid trans-fats.
- Limit processed carbs and sugars.

How can I lower high triglycerides?

Heart disease and untreated diabetes are linked to high triglycerides, making it important to control them.

- Eat more omega-3 fats. Research shows that these fats may reduce triglycerides up to 50 percent. Your doctor may also have you to take fish oil supplements.
- Limit foods/drinks high in sugar and processed carbs.
- Reduce your alcohol intake.
- Increase aerobic activity.
- Quit smoking.

Can I eat eggs?

- You can still enjoy eggs in moderation. Eggs contain vitamin B-12, choline and other nutrients that are good for your heart. For a cholesterol-friendly option, try omega eggs or liquid egg substitute.
- Does it matter when I eat soluble fiber?
- Eating soluble fiber-filled foods at breakfast or before bed will help remove the cholesterol your body produces while you sleep.

Top Cholesterol-Removing Foods

Soluble Fiber

Soluble fiber binds cholesterol and removes it from the body before it's absorbed into the blood stream. Health professionals recommend 10-25 grams of soluble fiber daily. Tips to increase soluble fiber include:

- Eat three or more servings of food rich in soluble fiber daily. This includes oatmeal, oat bran, barley, beans (kidney, black, navy), flax seed, chia seed, apples, pears,



bananas, oranges, strawberries, blackberries, prunes, carrots, Brussels sprouts, cabbage, broccoli, green beans and edamame.

- Try to eat more 100 percent whole-grain foods, like whole wheat pasta, brown rice and high-fiber cereal.
- Use psyllium, found in some fiber supplements, as an easy way to boost the fiber in your diet.

Salmon

Rich in omega-3 fatty acids, salmon is a heart-healthy food. Tuna, sardines, halibut and lake trout are also good sources of omega-3 fats. The American Heart Association recommends eating two servings a week of omega-3- rich fish to lower triglycerides and reduce cholesterol.

Foods with Plant Sterols or Fatty Acids

Plant sterols are found naturally in fruits, vegetables, nuts and seeds. Plant sterols help lower LDL cholesterol by as much as 15 percent and block the absorption of cholesterol from food. Sterols are removed from plants and added into many foods such as orange juice and margarine spreads. Enjoy two servings a day with other foods for the most benefit.

Walnuts and Almonds

Nuts, especially almonds and walnuts, contain heart- healthy oils, plant sterols, fiber and vitamin E.

Soybeans

Eating 25 grams of soy protein per day may lower cholesterol by 10-15 percent. Even two servings of soy foods a day, when used to replace foods higher in saturated fat, may lower cholesterol.

Soluble Fiber Content of Foods

Food	Serving	Soluble Fiber (grams)
Oat bran	1/2 cup	3.5
Oatmeal, dry	1/2 cup	2.0
Barley	1/3 cup	2.0
Orange	1 medium	2.0
Pear	1 medium	2.0
Prunes, dried	4 each	1.2
Apple	1 medium	1.0
Banana	1 medium	0.5
Brussels sprouts	1/2 cup	3.0
Edamame	1/2 cup	1.5
Carrots, cooked	1/2 cup	1.0
Green beans	1/2 cup	1.0
Broccoli, cooked	1/2 cup	1.0
Kidney beans	1/2 cup	3.0
Black beans	1/2 cup	2.0

Shopping List

Fill your grocery cart with heart-healthy foods: fruits, veggies, beans, whole-grain breads and cereals, lean meats, poultry, fish, seafood and low-fat dairy products.

Plant Sterols

- Fruits
- Seeds and nuts
- Vegetables
- Foods fortified with plant sterols

Soluble Fibers

- Oatmeal
- Barley
- Chia seed
- Apples
- Pears
- Berries
- Brussels sprouts
- Cabbage
- Green beans
- Oat bran
- Beans, lentils and soybeans
- Flax seed
- Oranges
- Bananas
- Broccoli
- Carrots
- Edamame
- Psyllium fiber supplement

Omega-3 Fats

- Salmon
- Mackerel
- Lake trout
- Halibut
- Chia seed
- Omega-3 eggs
- Canola oil
- Tuna
- Herring
- Sardines
- Flax
- Soy
- Walnuts

Easy Meal and Snack Ideas

- Sprinkle chia seed or flax seed on cereal or yogurt.
- Have a bowl of oatmeal for breakfast or make it savory for dinner.
- Add chopped walnuts and almonds to salads and cereals.
- Snack on fresh baby carrots, apples or oranges.
- Have a tuna fish sandwich on rye bread for lunch.
- Serve salmon for dinner once a week.
- Blend Greek yogurt, chia seed, orange juice, banana and frozen strawberries for a heart- healthy smoothie. You can also add spinach to increase your vegetable intake.

Amber Specialty Pharmacy is here to help.

We offer guidance and support through our dedicated team of healthcare experts.

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