

Eating to Lower Cholesterol

If you have high cholesterol and have been told to “watch what you eat”, you need to pay attention to how much, and what kinds of, fats you are eating.

General Rule:

- Eat more foods that contain Monounsaturated, Polyunsaturated, and Omega-3 Fats
- Eat less foods that contain Saturated and Trans Fats

Types of Fat

There are 5 different types of fat that come from food:

Type of Fat	Where it is found	Good or Bad?
Saturated Fat	In foods from animals (e.g. meat, dairy products, fish, eggs, etc)	Bad Increase your cholesterol
Trans Fat	Hydrogenated margarines & shortening (and foods made with these ingredients).	Bad Increase your cholesterol
Monounsaturated Fat	Olive Oil, Canola Oil, Nuts, Seeds, Avocados	Good Lower your cholesterol
Polyunsaturated Fat: Omega 3 & Omega 6	Fish, Flaxseed, Walnuts, Canola Oil, Seeds, Sunflower, Corn & Soybean Oils	Good Lower your cholesterol
Dietary Cholesterol	In foods from animals, especially organ meats (e.g liver, kidneys, eggs and prawns)	Bad Increase your cholesterol

IMPORTANT NOTE ABOUT CHOLESTEROL:

Cholesterol in food does contribute to an increased in your blood cholesterol levels however, *Saturated* and *Trans* fats have a even greater effect of your cholesterol levels.

How Much Fat Do I need Each Day?

We all need a certain amount of fat in our diet to stay healthy. The amount, and type of fat, you need each day depends on your age, gender, and cholesterol levels.

The following chart provides average daily recommendations for fat for adult men and women.

	Men	Women
Total Fat	50 - 70 grams/day	40 - 60 grams/day
Saturated Fat	16 - 23 grams/day	13 - 20 grams/day
Trans Fat	0 grams/day	0 grams/day
Monounsaturated Fat	18 - 25 grams/day	14 - 20 grams/day
Polyunsaturated Fat	16 - 22 grams/day	13 - 20 grams/day
Omega-3 (a polyunsaturated fat)	1000 mg (1 gram) /day	1000 mg (1 gram) /day
Cholesterol	<300 mg/day	<300mg/day

To find out your individual fat recommendations, contact your Dietitian, Danielle - dani@danifit.com.

Tips for choosing the best types of fat

Limit fat in your diet, but don't try to cut it out completely. Focus on reducing foods high in saturated fat, trans fat and cholesterol, and select more foods made with unsaturated fats.

Consider these tips when making your choices:

- Saute with olive oil instead of butter.
- Use olive oil instead of vegetable oil in salad dressings and marinades. Use canola oil when baking.
- Sprinkle slivered nuts or sunflower seeds on salads instead of bacon bits.
- Snack on a small handful of nuts
- rather than potato chips or processed crackers. Or try peanut butter or other nut-butter spreads (non-hydrogenated) on celery, bananas, or rice or popcorn cakes.
- Add slices of avocado, rather than cheese, to your sandwich.
- Prepare fish such as salmon and mackerel, which contain monounsaturated and omega-3 fats, instead of meat one or two times a week.

Monounsaturated and polyunsaturated fats have few adverse effects on blood cholesterol levels, but you still need to consume all fats in moderation. Eating large amounts of any fat adds excess calories. Also make sure that fatty foods don't replace more nutritious options, such as fruits, vegetables, legumes or whole grains.

For more health-healthy tips, contact your Dietitian, Danielle - dani@danifit.com

A special note on eggs

Q: I've heard that eggs are high in cholesterol and that I shouldn't eat them. Is this true?

A: Eggs do contain fat and cholesterol (1 large egg = 5 grams of total fat, 1.5 grams saturated fat, and 190 mg of cholesterol), however eggs are still one of the most nutritious foods you can eat. They are low in calories and are a good source of protein, choline, Vitamin B12, Selenium, Folate, Riboflavin, Niacin, Vitamin A and Vitamin E.

Dietitian's Recommendations:

Like any other nutritious food, too much of a good thing can be bad for you! Eat 2-4 whole eggs per week, or if you prefer, up to 14 liquid egg-equivalents per week.

Eggs to Eggs...

These days, there are many different kinds of eggs to choose from. Which are best?

	Regular Shelled Eggs			Liquid Eggs	
	1 Large Egg (50g)	1 Large Free Run Egg (50g)	1 Large Omega-3 Egg (50g)	Naturegg Break-Free (50ml)	Naturegg Break-Free Omega-3 (50ml)
Calories	70 calories	70 calories	70 calories	40 calories	45 calories
Total Fat	5 grams	5 grams	5 grams	1 gram	2.5 grams
Saturated Fat	1.5 gram	1.5 grams	1.5 grams	0.3 grams	1 gram
Cholesterol	190 mg	190 mg	190 mg	40 mg	40 mg
Omega 3 Fat	0.05 grams	0.05 grams	0.4 grams	0.05 grams	0.4 grams

Dietitian's Choice: Naturegg Break-Free Omega-3