



HEALTHY FOOD CHOICES MAKES GOOD SENSE. WHY? HEALTHY FOODS DECREASE BAD CHOLESTEROL AND THE RISK OF HEART DISEASE.

A healthy lifestyle can significantly increase the success of your therapy and can contribute to maintaining good cardiovascular health. Eating a low saturated fat diet will help lower bad cholesterol (LDL-C), and reduce your risk of heart disease. The chart below can help you make healthy choices, easy choices—from the best food choices to those you should avoid, for a balanced and tasty diet that will add spice to your life!⁴

Food Group	Meat and Meat Substitutes	Dairy Products	Fruits & Vegetables	Fats & Oils	Grains	Snacks & Desserts
Best choice	Lean cuts of meat Skinless chicken and turkey Fish* Legumes & tofu Egg whites	Skim milk, yogurt with less than 1% milk fat (MF) Fat-free sour cream	Fresh or frozen or canned vegetables	Olive, canola, safflower, sesame oil Non-hydrogenated margarine	Whole wheat and grain products breads and pasta Brown rice Oatmeal, oatbran	No-fat popcorn Pretzels Baked potato chips Angel food cake Cookies containing less than 5 g of fat per serving
Limit	Egg yolks Nuts and seeds** Shrimp	Milk and yogurt with 2% MF Cheese with 20% MF Frozen yogurt	Olives, avocados, coconuts**	Low-fat salad dressing	Granola-type cereal, biscuits	Candy Sugary or salty snacks Cookies with 5 g of fat or more
Avoid	Fatty cuts of meat*** Bacon, sausage, processed meats, cold cuts***	Whole milk*** Regular cheese*** Cream, sour cream, ice cream***	Vegetables prepared in butter, cream sauces or deep fried	Butter, lard, bacon fat, coconut and palm kernel oils, hard margarine [†] Cream sauces [†]	Any baked goods with shortening and/or sugar [†] Croissants, doughnuts, danishes [†]	Chips, cheesies, and other salty snack foods [†] Pastries [†]

— Adapted from Fahey TD et al⁴

* Foods high in omega-3 and omega-6 fatty acids increase good cholesterol and reduce bad cholesterol in the blood.

** These foods contain a healthy type of fat but are high in calories.

*** Animal fats and high-fat dairy products are sources of saturated fats.

† French fries and other deep-fried foods, shortening, processed snacks, cookies and sweets are sources of trans fats.



HEALTHY FOOD CHOICES MAKES GOOD SENSE.

High cholesterol is a silent disease with no clear symptoms. Even if you have high cholesterol you probably don't feel sick. However, managing your cholesterol levels is an important part of your health. Too much cholesterol in your blood is a condition called hypercholesterolemia. If hypercholesterolemia is left untreated, it can then lead to hardening of the arteries (atherosclerosis), which is a leading cause of heart disease.⁴

A LOW-FAT DIET STARTS AT THE GROCERY STORE. HERE'S WHAT TO LOOK FOR ON THE FOOD LABEL TO HELP YOU MAKE HEALTHIER CHOICES.^{4,5}

READ FOOD LABELS CAREFULLY FOR FAT CONTENT.

Servings: Indicates the number of servings and individual serving size in the container.

Total Fat: Look for foods low in fat and try to avoid foods high in trans fat, saturated fat, sodium and cholesterol.

Nutrition Facts	
Serving size 1 cup (265 g)	
Servings per container 2	
Amount per serving	
Calories 235	Calories from fat 30
% daily value	
Total fat 3 g	5%
Saturated fat 1 g	5%
Trans fat 0.5 g	
Cholesterol 30 mg	10%
Sodium 775 mg	32%
Total carbohydrate 34 g	
Protein 18 g	

Daily Values: Based on a 2,000 calorie/day diet, Daily Value % tells you how much one serving accounts for your daily allotment:

5% or less is low.

20% or more is high.

Try to limit your daily fat intake to 30% or less of your day's calories.

OTHER LIFESTYLE STEPS YOU CAN TAKE.⁴

- Eat healthy.
- Cut back on high-fat foods, salt and sugar. 
- Be a partner in your health: Know your current cholesterol levels (LDL-cholesterol, HDL-cholesterol and triglycerides) and discuss target levels with your doctor. 
- Stop smoking. 
- Limit your alcohol consumption.
- Exercise regularly. 
- Control your weight: Consult a dietician or nutritionist to help establish a good eating plan. 

Additional Information and Resources

Canadian Heart and Stroke Foundation
Telephone: (613) 569-4361

Website: www.heartandstroke.ca

Canadian Diabetes Association
Toll free: 1-800-BANTING (226-8464)

Website: www.diabetes.ca

American Heart Association
Website: www.americanheart.org

American Stroke Association
Website: www.strokeassociation.org

Heart and Stroke Foundation food information program

Website: www.healthcheck.org

HDL-C=high-density lipoprotein cholesterol; LDL-C=low-density lipoprotein cholesterol