

TEN WAYS TO REDUCE CHOLESTEROL (BEYOND PRESCRIPTION MEDICATION)

1. **Limit fat** intake to less than 30% of total calories
2. **Limit saturated fat** intake to less than 10% of total calories. The rest should be in the liquid form such as olive oil, or, at worst, the polyunsaturated form. Foods high in saturated fat and cholesterol include ice cream, whole milk, butter, hard cheeses, eggs, fatty portions of red meat, and rich desserts – cakes, cookies, etc.
3. Eat a diet high in **fiber**– 25-30 grams per day, depending on total caloric intake. Use psyllium (found in products such as Metamucil) as a supplement if diet falls very short of goal.
4. Eat plenty of **fruits and vegetables** – the goal is for 8-10 total servings per day.
5. Consider **red meat** as a “**condiment**” instead of a main course. Use lean cuts only.
6. Eat a handful of **nuts or legumes** each day.
7. Build a meal around cold water **fish** like salmon, two or three times per week.
8. Use spreads such as **Benecol** or **Smart Balance** instead of butter or margarine – one teaspoon, 2-3 times a day.
9. Incorporate **Soy** protein into your diet – the goal is for 25 grams per day.
10. Perhaps most importantly: get rid of excess body weight by a combination of increasing calorie expenditure (**exercise**), and reducing total caloric intake by reducing portion size and making better choices when snacking.

There are numerous web sites and books that list the fiber, fat and saturated fat content of foods. I'll be happy to recommend some to you if you wish. You may be unfamiliar with soy. Health food stores or grocery stores such as Whole Foods have many soy products that you may want to try.