

**McLaren Print System Order****Order No: 48339 Reprint Previous Order No: 48289****Order Date: 2019-08-30****User: Aimee Wallrath****Phone: 8109536483****Ship Location: McLaren Fenton CMC  
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Fenton, MI 48430****Forms****Quantity: 500****Paragon Dept No: 50013****Dept Name: McLaren Fenton CMC****Company Number: 810****Order Total Price: 0.00****Item Number: M-35012****Item Description: MCMC Tips to Help****Revision Date: 9/2009****Print: 1 sided black and white****Paper: 20# White Text****Size: 8.5 x 11****Fold:****Finish: None****Drill: None****Misc Info:****TIPS TO HELP LOWER CHOLESTEROL**

1. Choose fish, poultry and lean cuts of meat. Remove fat and skin before eating. You can eat up to 6 ounces per day.
2. To decrease the saturated fat in your diet, avoid fried foods. Concentrate on baked, broiled or grilled lean meats.
3. Limit organ meats such as liver, kidney or brains. Cut down on sausage, bacon and processed high fat cold cuts.
4. Dairy products such as cheese, whole milk, ice cream and cream cheese should be limited. Choose low fat dairy products instead.
5. It is best to limit the amount of eggs in your meal plan. One whole large egg contains 213 mg. of cholesterol. It is recommended your total daily intake of dietary cholesterol not exceed 300 mg.
6. Take steps to modify excess stress. Stress is a factor related to high cholesterol and may increase your blood sugar if you have diabetes.
7. When reading food labels, keep the "3 grams of total fat per 100 calories and 1 gram of saturated fat" rule in mind. This will keep you within the American Heart Association daily guidelines of <30% total fat and <10% saturated fat.
8. Exercise and physical activity are essential to increasing your HDL cholesterol level. Follow your physician's recommendation and update as needed.
9. Limit butter because it is too high in saturated fat. Also, limit margarines that contain partially hydrogenated oil. Instead, use soft tub margarines, squeeze bottle margarines and spray margarines.
10. Increase your intake of dietary fiber. Aim for about 25-35 grams of fiber per day from fruits, vegetables, dried beans, legumes and whole grains. Be sure to increase your water when eating more fiber.
11. When using cooking oil, it is recommended to choose those higher in monounsaturated fats. Canola and olive oils are preferred.
12. Avoid chocolate, as it is high in saturated fat. 1.5 oz. of chocolate equals 8.2 grams of saturated fat.

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