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## Low Cholesterol Diet

Elevated cholesterol can increase your risk of developing heart disease. Although there are risk factors that you cannot control such as age, gender and family history, others are modifiable such as increasing physical activity, maintaining a healthy body weight and dietary modifications.

### Dietary Modifications

- Start your day with oatmeal.
- Choose fruits, vegetables, whole grains, beans, lean protein and nuts.
- Limit red meat and eggs. Replace whole eggs with egg whites or a cholesterol-free egg substitute. Choose fatty fish like salmon.
- Replace butter, trans fat margarines, and polyunsaturated oil with canola oil, olive oil, or plant sterol spreads. Flavor with oregano, basil, parsley, rosemary, thyme, cilantro, coriander, or cumin.
- Look for products specifically created for low-cholesterol diets. Many of these foods have been fortified with plant stanols and sterols that help to block the absorption of cholesterol.

Your doctor will advise you if your levels are not adequately lowered by diet and exercise alone. Please consult with our dietitian for additional heart healthy diet tips.