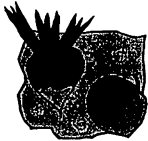


# LOWERING YOUR LDL CHOLESTEROL

LDL cholesterol (lousy/bad cholesterol) is found in your blood stream. It is needed in small amounts but too much can build up in your blood vessels. This is called plaque.

This plaque build-up can eventually plug up your blood vessels and may cause heart attack or stroke. The lower your LDL level, the lower your risk of heart disease.

Action Steps To Lower LDL	My Action Plan
<p><b>Increase your intake of monounsaturated fat (e.g.):</b></p> <ul style="list-style-type: none"> <li>• Fish and seafood, canola oil, olive oil, peanut oil, sesame oil, nuts and seeds</li> <li>• Reduces risk of CVD events by 15% to 28%</li> <li>• 30+ grams/day (handful) nuts reduces LDL-C 5% to 7%</li> </ul>	
<p><b>Include sterol enhanced products in your diet such as:</b></p> <ul style="list-style-type: none"> <li>• Non-hydrogenated margarine with plant sterols</li> <li>• Drinkable lower fat yogurt with plant sterols</li> <li>• See the 'Facts on Plant Sterols' for more details</li> <li>• 1 to 2 grams of plant sterols/stanols per day reduces LDL-C 6% to 12%</li> </ul>	
<p><b>Add more soluble fibre to your diet (e.g.):</b></p> <ul style="list-style-type: none"> <li>• Cereal with psyllium, barley, prunes, flaxseed, oranges, oats, potatoes with skin, avocados, pulses/legumes (e.g. beans, lentils, chickpeas, peas), corn and plums</li> <li>• 10 grams or more from oats, barley, psyllium, pectin, konjac mannan reduces LDL-C by 5% to 10%</li> <li>• 1 serving or more/day of pulses/legumes reduces LDL-C by 5%</li> <li>• 4 servings or more/week of legumes decreases risk of CVD events by 14%</li> </ul>	
<p><b>Eat more fruits and vegetables:</b></p> <ul style="list-style-type: none"> <li>• Eat at least 3 fruit and 4 vegetable servings each day</li> <li>• Vegetarian dietary patterns reduce risk of CVD events by 19%</li> <li>• 5 or more servings/day of vegetables/fruit reduce risk of death from CV by 4% per serving/day</li> </ul>	
<p><b>Include more plant proteins in your diet including:</b></p> <ul style="list-style-type: none"> <li>• Legumes, beans, soybeans &amp; products, nuts, seeds, whole grains, meat alternatives (see 'Plant-Based Protein Choices' for more detail)</li> <li>• 30 grams or more/day of soy protein reduces LDL-C 3% to 5%</li> </ul>	

## Action Steps To Lower LDL

## My Action Plan

### Increase your activity level.

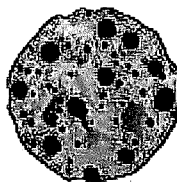
- Aim for at least 150 minutes per week in amounts of 10 minutes or more
- Include heart-beat raising (walking, biking) and resistance-training (push-ups, light weights) exercises



### Decrease or eliminate foods that have trans fat.

These are partially hydrogenated fats (processed to be hardened) or fats that result from deep-frying in oil. Foods that may contain trans fat include:

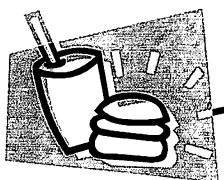
- Deep fried foods (chips, French fries)
- Candy bars
- Store bought cookies, cakes, muffins, crackers and other commercial baked goods
- Fast food and convenience foods (frozen ready-made food, pancakes, waffles)
- Hydrogenated margarines



Read labels carefully and look for **zero trans fat** on the Nutrition Facts table.

### Decrease the amount of saturated fat in your diet including:

- Meat, poultry skin, dark meat from poultry
- Processed meats
- High fat dairy products (cream, whole milk, cheese, ice cream)
- Butter, lard, foods with palm oil, palm kernel oil and coconut oil
- Egg yolks, bakery products made with butter
- Reduces LDL-C 10% to 16% & risk for CVD events as much as 21%



### Lose excess fat if it's harming your health.

- Reduce your waist measurement to less than 40 inches (102 cm) for men and 34.5 inches (88 cm) for women
- 5% to 10% body weight loss reduces LDL-C by 11%

