

High Cholesterol Self-Management Plan and Care Plan

I understand the following items will be beneficial to the treatment of my high cholesterol, have discussed this with my provider and I agree to implement the following plan of care.

1. My goal LDL is < 70 100 130 (Circle One)
2. I will eat a diet low in saturated fats, especially work to avoid fast food and fried food
3. On days I am coming in to check my cholesterol I will come in fasting. Eat nothing for the previous 8 hours, though you may take your usual medications (except diabetes meds or medications that have to be taken with food) as well as a small amount of water or BLACK coffee.
4. I will exercise at least 20 – 30 minutes 5 – 7 days per week.

www.cvmgonline.org also offers additional self-help resources under the Resources & Forms tab

Protect Your Heart—



Lower Your Blood Cholesterol!

**Make changes today.
It's never too late!**

"I knew it was time to do something to lower my high blood cholesterol. I made a few changes at a time with the foods I buy and how I prepare them. Each day I try to be active. I walk at my lunch break or jump rope with my kids. Making changes paid off. I lost two dress sizes in 3 months! And my cholesterol is slowly dropping. I feel good."

—*Patty Crespo*

Take steps to lower your risk for high blood cholesterol. Eat heart-healthy foods.

- skim or 1% milk
- low fat frozen yogurt
- low fat or fat free cheese
- fish
- turkey and chicken without skin
- lean cuts of meat
- cereals, pasta, lentils, and beans
- corn tortillas, breads
- fruits and vegetables

Go easy on these foods.

- 2% milk
- oils and margarine
- olives and coconuts
- nuts

Cut back on these foods.

- whole milk
- creams and ice creams

- high-fat cheeses
- butter
- fatty cuts of meat and refried pork
- sausages, hot dogs, bologna
- liver, kidneys, & other organ meats
- egg yolks
- lard, coconut, palm, or palm kernel oil

Be physically active every day. Choose activities that you and your family can enjoy.



- walk
- garden
- play sports
- do aerobics
- dance
- jump rope

Aim for a healthy weight. Take steps to lose weight. If you are overweight, try losing weight slowly.

- Cut back on foods high in fats and calories.
- Eat smaller portions.
- Eat fruits and vegetables for snacks.
- Bake, broil, or boil your foods.
- Be active every day.

Take steps to lower your blood cholesterol! An ounce of prevention is worth a pound of cure.

Text – National Heart, Lung & Blood Institute 1996
Software – **Healthway Software** ©2002 www.healthwaysoftware.com
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A Healthy Roads Media project
www.healthyroadsmedia.org

Reviewed 3/2008



Below are some heart-healthy choices for vegetables, fruits, breads/starches, milk, proteins, beverages & fats.

Vegetables



Good choices

- Fresh vegetables
- Frozen vegetables
- Low sodium canned vegetables

Products to avoid

- Vegetables in sauces
- Breaded or fried vegetables

Fruits



Good choices

- Fresh fruit
- Frozen fruit
- Canned fruit with juice or water added

Products to avoid

- Canned fruit with heavy syrup
- Frozen fruit with added sugar
- Coconut

Breads/Starches



Good choices

- Whole grains (wheat, oat, brown rice, corn, barley)
- Bread (pumpernickel, rye, wheat)
- Cereal with high fiber content (more than 2 grams)

Products to avoid

- Refined white flour
- White bread
- Fried breads
- Frozen waffles & pancakes
- Cereals with more than 5 grams of sugar
- Pastries (cakes, pies, donuts)
- Cornbread
- Biscuits

Milk/Dairy



Good choices

Skim, ½ or 1% milk
Evaporated skim milk
Yogurt (low fat or fat free)
Cheese, low fat

Products to avoid

Whole milk
Evaporated milk
Yogurt
Regular cheese

Meats/Poultry/Protein



Good choices

Fish (fresh, frozen, canned in Water)
Lean Red Meat
Skinless chicken & turkey
95% fat free lunch meats
Turkey bacon or sausage
Eggs (egg whites or substitute)

Products to avoid

Bacon & sausage
Goose, duck, pre-basted products
Breaded or fried seafood
or prepared in a sauce
Cuts graded PRIME, corned beef, short rib, ribeye, spareribs
Hot dogs
More than 3-4 egg yolks/week

Beverages



Good choices

Water
Unsweetened tea
Diet soda

Products to avoid

Sugar sweetened drinks

Fats/oils



Good choices

Non-stick vegetable sprays
Canola or olive oils
Margarine that doesn't contain trans fats
Vegetable oils & margarines with no more than 2 grams of saturated fat/tablespoon

Products to avoid

Shortening
Lard, fatback, bacon drippings
Hydrogenated fats
Palm kernel & coconut oil
Nondairy creamers