

A family history of heart disease, a diet high in saturated fat and cholesterol, smoking, lack of exercise and obesity can all contribute to your risk of hardening of the arteries.

Beware: saturated fats are converted to cholesterol and may raise your blood cholesterol. You may feel fine even if you have a high cholesterol level or other risk factors. In fact, for many people, a heart attack is the first sign of trouble.



Fortunately, many Americans can lower their blood cholesterol to an acceptable level by changing their diets. By following a low-fat, low-cholesterol diet, you can help control your blood cholesterol and reduce your risk of heart attack.

Where Do I Begin?

The first step toward healthier eating is to study the American Heart Association's (AHA) low-fat, low-cholesterol diet and if necessary, modify your eating habits. This diet can help you maintain or achieve desirable body weight. On this diet, approximately 7% of your total calories should come from saturated fat, 10% from monounsaturated fat, and 10% from polyunsaturated fat.

Cholesterol

Cholesterol is a fat-like substance found only in animal products. Because dietary cholesterol raises blood cholesterol, intake must be limited. The AHA recommends an intake of no more than 300 mg/day. Examples of high-cholesterol foods are egg yolks, liver and other organ meats, shrimp and sardines.

Saturated Fats

These fats are usually solid at room temperature. Although they are most commonly found in animal products, saturated fats also occur naturally in vegetable products (chocolate and coconut). Examples of foods high in saturated fat: prime cuts of beef, lamb, pork, veal, luncheon meats, poultry, lard, butter, whole milk, cream, ice cream, cream sauces, cheese made from whole milk, chocolate, coconut, coconut oil, palm oil, and hydrogenated or partially hydrogenated vegetable shortening.

Monounsaturated Fats

These fats are usually liquid at room temperature and are found primarily in vegetable products. Current research indicates that monounsaturates have a favorable effect on blood cholesterol levels when eaten in moderation. Examples of foods high in monounsaturated fat are olive oil and peanut oil.

Polyunsaturated Fats

These fats are found primarily in vegetable products and are usually liquid at room temperature. When eaten in moderation, these fats have a cholesterol-lowering effect. Examples of foods high in polyunsaturated fat are safflower, sunflower, corn, soybean, and cottonseed oils, and margarine made from liquid vegetable oils.

Train yourself to think "low-fat" in your food selections and cooking methods. Eat more poultry and fish; less red meat. Eat less fried food, "fast food," and commercially baked goods. Bake, broil, and steam your food, and be sure to skim the fat off gravies and soups. Add flavor with herbs and spices, and learn to enjoy healthy, wholesome fresh fruits, vegetables, and whole grains.

Foods to Use for Low-Cholesterol, Low-Triglyceride Diets

Meats/Fish

Choose lean meats (chicken, turkey, veal and non-fatty cuts of beef with excess fat trimmed) (1 serving=3 oz). Fresh or frozen fish, canned fish packed in water and shellfish (lobster, crabs, shrimp, oysters). Limit use to no more than one serving of one of these per week. Shellfish are high in cholesterol, but low in saturated fat and should be used sparingly. Meats and fish should be broiled (pan or oven) or baked on a rack.

Eggs

Egg substitutes and egg whites, use freely. Egg yolks, limit two per week.

Fruits

Eat three servings of fresh fruit per day (1 serving=1/2 cup). Be sure to have at least one citrus fruit daily. Frozen or canned fruit with no sugar or syrup added may be used.

Vegetables

Most vegetables are not limited. One dark green (escarole) or one deep, yellow (squash) vegetable is recommended. Cauliflower, broccoli and celery, as well as potato skins, are recommended for their fiber content (fiber is associated with cholesterol reduction). It is preferable to steam vegetables, but they may be boiled, strained or braised with polyunsaturated vegetable oil.

Beans

Dried peas or beans (1 serving=1/2 cup) may be used as a bread substitute.

Nuts

Almonds, walnuts and peanuts may be used sparingly (1 serving=1 tablespoon). Use pumpkin, sesame or sunflower seeds.

Breads/Grains

One roll, one slice of whole-grain bread or one slice of enriched bread may be used. Three soda crackers or four pieces of Melba toast are a bread substitute, as well as a 1/2 cup of spaghetti, rice or noodles. You may also substitute 1/2 large ear of corn as a bread serving. In preparing these foods, do not use butter or shortening; use soft margarine. Also use egg and sugar substitutes. Choose high-fiber grains, such as oats and whole wheat.

Advance preparation and careful shopping can help you avoid foods that are high in fat. A low-fat, low-cholesterol diet is a lifetime plan for healthy eating and healthy living.



Cereals

Use 1/2 cup of hot cereal or 3/4 cup of cold cereal per day. Add a sugar substitute if desired, with 99% fat-free or skim milks.

Milk Products

Always use 99% fat-free or skim milks, dairy products, such as low-fat cheeses (farmer's, uncreamed diet cottage), low-fat yogurt and powdered milk.

Fats/Oils

Use soft, non-stick margarine and vegetable oils that are high in polyunsaturated fats, such as safflower, sunflower, soybean, corn and cottonseed. Always refrigerate meat drippings to harden the fat and remove it before preparing gravies.

Desserts

Limit to two servings per day. Substitutions per serving: bread/cereal serving, ice milk, water, sherbet (1/4 cup), unflavored gelatin or gelatin flavored with sugar substitute (1/3 cup), pudding prepared with skim milk (1/2 cup), egg white souffles, unbuttered popcorn (1-1/2 cups). Substitute carob for chocolate.

Beverages

Fresh fruit juices (limit 4 oz per day), black coffee, teas, diet soft drinks, club soda, cocoa (with skim or non-fat dried milk) water and clear broth.

No Restrictions

Vinegar, spices, herbs, non-fat bouillon, mustard, Worcestershire and soy sauce.

Special Notes

1. Remember that even non-limited foods should be used in moderation.
2. While on a cholesterol-lowering diet, be sure to avoid animal fats and marbled meats.
3. While on a triglyceride-lowering diet, be sure to avoid sweets and to control the amount of carbohydrates you eat.

Foods to Avoid for Low-Cholesterol, Low-Triglyceride Diets

Meats/Fish

Pork, bacon, sausage and other pork products, fatty fowl (duck, goose), skin and fat of turkey and chicken, processed meats, luncheon meats (salami, bologna), frankfurters and fast-food hamburgers (high fat content), organ meats (kidneys, liver), canned fish in oil, shellfish (lobster, crab, oysters) should be used sparingly.

Eggs

Limit egg yolks to two per week.

Fruits

Coconuts.

Vegetables

Avoid avocados and olives. Starchy vegetables (potatoes, corn, lima beans, dried peas, or beans) may be used only if substituted for a serving of bread or cereal.

Beans

Commercial baked beans with sugar and/or pork.

Breads/Grains

Any baked goods with shortening and/or sugar. Commercial mixes with dried eggs and whole milk. Avoid sweet rolls, doughnuts, and breakfast pastries (Danish).

Milk Products

Whole milk and whole-milk packaged goods, cream, ice cream, whole-milk puddings, yogurt and cheeses, non-dairy cream substitutes and milk sherbets.

Fats/Oils

Butter, saturated fats (olive, peanut, and coconut oil), lard, solid margarine, commercial salad dressings, gravies, bacon drippings, and cream sauces.

Desserts/Snacks

Fried snack foods like potato chips, chocolate, candies in general, jams, jellies, syrups, and hydrogenated peanut butter.

Beverages

Sugared fruit juices and soft drinks, cocoa made with whole milk and/or sugar. When using alcohol, (1 oz. liquor; 5oz beer; or 2-1/2 oz. of dry table wine per serving), one serving must be substituted for one bread or cereal serving (limit 2 servings of alcohol per day).

Shopping

Use nutrition labels to learn how many calories come from fat. Protein and carbohydrates (sugars and starches) both have only four calories per gram. Fat contains approximately nine calories per gram. That's why high-fat foods are also high-calorie foods. Multiply the number of fat grams by nine to find the fat calories in food. If more than 1/2 of the calories come from fat, it is a high-fat food and should be used sparingly; if at all.

Use the ingredient list on food labels to identify products containing saturated fat. High-fat ingredients may have many names. **Some to avoid are:**

- Coconut oil
- Butter
- Lard
- Cream
- Beef tallow
- Cocoa butter
- Hydrogenated or partially hydrogenated vegetable shortening
- Palm oil or palm kernel oil

Some labels may say “contains vegetable oil” without saying what kind of oil, or they may say “contains one or more of the following: corn, cottonseed, palm, coconut.” Be aware that the product is as likely to contain a saturated fat (such as palm oil) as unsaturated corn or soybean oil. Examine any product closely. Some have “no cholesterol,” but their labels show that they do contain saturated vegetable fat.

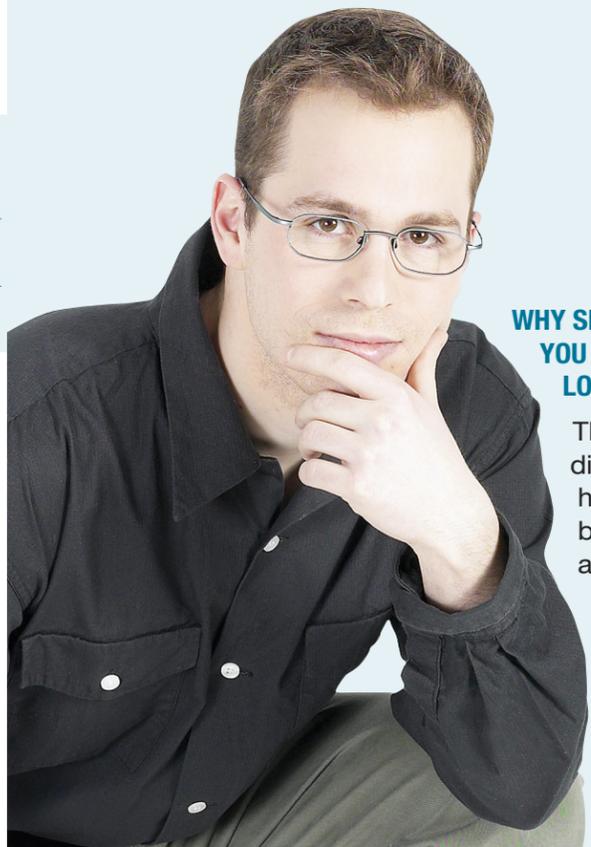
Cutting the Fat From Your Diet Is Easier than You Think

The key to success for following a low-fat diet is making gradual changes you can live with. Start by keeping a food diary. Record everything you eat for three or four days. **Here are some ideas to get you started:**

Food	Total Calories	Fat Calories
Instead of high-fat beef (prime rib) 3 oz <i>Try: lean beef (round steak) 3 oz.</i>	346 162	270 45
Instead of fried chicken 1/2 breast <i>Try: broiled chicken 1/2 breast</i>	218 142	81 27
Instead of potato chips 1 oz. <i>Try: pretzels 1 oz.</i>	114 110	72 0



Low-Cholesterol/Low-Triglyceride Diet



WHY SHOULD YOU TRIM THE AMOUNT OF FAT YOU EAT? WHY SWITCH TO A LOW-FAT, LOW-CHOLESTEROL DIET?

The answer is simple: lowering dietary fat can lower your risk of having a heart attack! The connection between fat in the diet and heart attack is cholesterol—a fat-like substance produced by the liver and found in many animal products. Too much cholesterol is a cause of heart attacks because it can block the arteries that deliver blood to the heart.

Provided as a service by AstraZeneca.
©2008 AstraZeneca Pharmaceuticals LP. All rights reserved.
257672_02/08