

The High Cholesterol Diet

FOOD PANTRY TIP SHEET

High cholesterol, also known as **hyperlipidemia**, is a medical condition in which the blood is carrying abnormal amounts of fats. Cholesterol is affected by both genetics and diet. Cholesterol is a waxy substance that is naturally made in the body and important for cell function. Dietary fats are also essential to life and can affect how much cholesterol the body produces. High cholesterol over time can put one at risk for negative health events like heart attack and stroke.

To help improve cholesterol levels, the American Heart Association recommends a heart-healthy diet that is rich in fruits, vegetables, whole grains, low-fat dairy products, and low in saturated and trans fats. Saturated fats are found in animal products such as red meats, butter, cream, cheese, and other dairy products made with whole milk. Trans fats are found in many fried foods and baked goods, such as pastries, cookies, and crackers.



Foods to Promote

- » Dried beans
- » Whole grains
- » Fresh produce
- » Low sodium canned fruits and vegetables
- » Unsalted peanut butter and other nut or seed butters
- » Canned tuna or chicken
- » 100% fruit juice
- » Milk and unsweetened milk substitutes
- » Plain yogurt
- » Unsweetened applesauce
- » Low sodium pasta sauce
- » Unsalted nuts
- » Brown rice
- » Oatmeal
- » Canola and olive oil
- » Popcorn

Foods to Distribute Sparingly

- » Cheese
- » White bread
- » White pasta
- » White rice
- » Canned beans
- » Canned fruits
- » Canned vegetables
- » Canned beef
- » Granola bars
- » Dried fruits
- » Sweetened yogurt

Foods to Avoid

- » Chocolate
- » Candy
- » Toaster pastries
- » Juice that is not 100% fruit juice
- » Pretzels
- » Salted nuts
- » Sweetened applesauce
- » Prepackaged baked goods
- » Cakes
- » Cookies
- » Butter