

FOR YOUR PATIENTS

Lifestyle Management

EAT MORE

- Emphasize dietary fiber. Include at least 4 ½ cups of vegetables and fruits daily and eat primarily fiber rich whole grains.
- Enjoy a 3-4 ounce cooked portion (about the size of a deck of cards) of oily fish rich in omega-3 fatty acids at least twice weekly. These fish include salmon, trout, mackerel, herring, sardines and albacore tuna.
- Choose lean sources of meat protein, not to exceed 6 ounces (2 decks of cards) daily. Try a meatless source of protein, such as tofu, seeds, nuts or beans at some meals.
- Choose healthier fats and oils such as liquid vegetable oils. Be mindful that all fats and oils are concentrated sources of calories and should be used in moderation.



EAT LESS

- Minimize foods rich in saturated fat. Read the Nutrition Facts on your food labels and compare the saturated fat to your personal limit, often between 10 and 18 grams daily. Calculate your personal limit: saturated fat limit at www.heart.org/foodofheart and go to "My Fat Translator." The American Heart Association recommends limiting the amount of saturated fat you eat to less than 7 percent of total daily calories. If you need about 2,000 calories a day, no more than 140 calories should come from saturated fat. That's about 16 grams of saturated fat a day.
- Avoid foods containing "partially hydrogenated" oils or trans fat. Look for these on the "Nutrition Facts" label and on the ingredients list.
- Limit your intake of added sugars from sweets and sugary beverages. Daily sugar intake should not exceed 57 grams for men and 25 grams for women.

BALANCE

- Everyone's calorie, dietary and exercise needs are different and vary based on your health status, body size and activity level. However, the basic formula is still the same. If you burn more calories than you take in, you will lose weight and if you consume more calories than you burn, you will gain weight.
 - People tend to overeat processed foods rather than whole foods, so work on removing tempting salty and sweet processed foods from your home and workplace.
 - The Physical Activity Guidelines for Americans recommend muscle strengthening exercises twice weekly and at least 150 minutes per week of moderate aerobic activity or 75 minutes per week of vigorous aerobic activity. Go to www.health.gov/page/active-lives/ for more information.
- Walking briskly is considered moderate activity. Consider purchasing a pedometer, a small device that clips on your waistband, to track your steps and motivate yourself to walk further by setting a daily goal of 6,000–10,000 steps.

AVOID OR:	TRY THESE BETTER CHOICES:
Refined grain—white rice, bread, pasta, cereals and snacks made with white or enriched wheat flour	Whole grain—brown rice, oatmeal, quinoa, barley, and bread, pasta and cereals made with 100% whole grain
Added sugars—white or brown sugar, agave, honey, and maple syrup	Natural sugars—found in whole fruit and non-fat or 1% dairy products
Fats high in saturated fat—palm and coconut oils, hamburger, dark meat of poultry and poultry skin, fried foods, butter, whole and 2% milk, cheese, cream and ice cream	Fats lower in saturated fat—oil from poultry breast, fish, pork fat and lean beef (such as top round, skirt steak and 7% or less fat ground beef)
Oils high in saturated fat—palm, palm kernel and coconut	Oils lower in saturated fat—coconut, olive, safflower, sunflower, corn, soybean, seed and nut oils that are liquid at room temperature
Trans fat—found in some non-dairy creamers, snack foods, pizza, cakes, cookies, fried foods and some margarines	If a fat-free or low-fat alternative is available, choose that instead of trans fat. Free margarine spreads

Name: _____ Date: _____ Healthcare Provider: _____

LDL Goals: _____ Weight Loss Goals: _____

Activity/Exercise Goals: _____

Medications Recommended: _____

Provided by the National Lipid Association
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Healthcare Providers—access this tear sheet at www.learnyourlipids.com

For help translating these tips into everyday habits, ask your healthcare provider for a referral to a Registered Dietitian, who can help personalize your lipid-lowering lifestyle. Go to www.eatright.org for more information.