



New Mexico VA Health Care System
NUTRITION CLINIC
 (505) 265-1711 Ext: 2662 or 5395

Outpatient Nutrition Classes

- Pre-Diabetes: 2nd Wednesday each Month, 0830-0930 (Building 39)
- Grocery Store Tour: 4th Friday each Month, 1300-1430 (*Smith's*)

MOVE! Weight Management Program (www.move.va.gov)

- Comprehensive 16 week Class Series (Thursday 0900-1000; 1100-1200)
 OR Individual Appointment Option (Regular participation required)
- Weight Reduction: 1st Thursday each Month, 1300-1400 (Building 39)

Individual appointments are available with a Registered Dietitian (RD). The RD can provide education on a wide variety of medical conditions.

Lipid Panel	Target Value	My Labs
Cholesterol	<200 mg/dl	
Triglycerides	<150 mg/dl	
HDL Cholesterol "Good"	>40 mg/dl Men >50 mg/dl Women	
LDL Cholesterol "Bad"	<100 mg/dl Perhaps <70 mg/dl	
Next Blood draw due:		

NOTES:

What Are The Types Of Fat?

Limiting your fat intake is key to losing weight. Healthy eating includes small amounts of fats, but some fats are much healthier than others. Eating monounsaturated or polyunsaturated fats instead of saturated or trans fats may help improve your blood cholesterol.

Good Fats

Monounsaturated:



Canola, olive, nut and peanut oils (use these fats for cooking); peanuts; nuts; avocado; olives

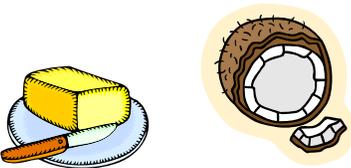
Polyunsaturated:



Most vegetable oils (corn, cottonseed, flaxseed, safflower, sesame, soybean, sunflower), nuts, seeds, peanuts, fish

Bad Fats

Saturated:



Animal sources such as meat, poultry, butter, lard, whole and reduced fat dairy products; tropical oils – coconut, palm and palm kernel
Saturated fats are solid at room temperature

Hydrogenated:



Many fats used in processed foods, snack foods, stick margarine, vegetable shortening; Read the ingredients list for shortening, “partially hydrogenated vegetable oil” (A liquid vegetable oil is changed to a solid fat by a chemical process.) *May be labeled as *trans* fat

MOVE!



Prepared For:	Low Cholesterol	Date:	
Prepared By:	Nutrition Clinic - NMVAHCS	Contact:	505-265-1711 Extension 2662 or 5395

Reduce Cholesterol and Sodium

Ways to Reduce Cholesterol

- Limit saturated fats and trans fats:
 - Foods high in saturated fats include fatty meat, poultry skin, bacon, sausage, whole milk, cream, and butter.
 - Trans fats are found in stick margarine, shortening, some fried foods, and packaged foods made with hydrogenated oils.
 - Instead of butter or stick margarine, try reduced-fat, whipped, or liquid spreads.
- Limit the amount of cholesterol that you eat to less than 200 milligrams (mg) per day.
 - Foods high in cholesterol include egg yolks (one egg yolk has about 212 mg of cholesterol), fatty meat, whole milk, cheese, shrimp, lobster, and crab.
- Limit the amount of sodium that you eat to less than 2,000 milligrams (mg) per day.
 - It is good to select foods with no more than 140 mg per serving.
 - Foods with more than 300 mg sodium per serving may not fit into a reduced-sodium meal plan.
 - Remember to check serving sizes on the label. If you eat more than one serving, you will get more sodium than the amount listed.
 - Use caution when you eat outside of your home. Restaurant foods can be high in sodium, and you cannot always get information about this.
- Limit the total amount of fat that you eat (including heart-healthy fats) to 25% to 35% of the calories that you eat. If you should eat 2,000 calories per day, your fat intake can be between 50 grams (g) and 75 g per day.
 - Eat more omega-3 fats (heart-healthy fats):
 - Good choices include salmon, tuna, mackerel, and sardines. Aim to eat fish twice a week.
 - Other foods with omega-3 fats include walnuts and canola and soybean oils.
 - Flaxseed is another source of omega-3 fats. Have it as flaxseed oil or ground flaxseed.
- Get 20 g to 30 g of dietary fiber per day:
 - Fruits, vegetables, whole grains, and dried beans are good sources of fiber:
 - Aim for 5 cups of fruits and vegetables per day.
 - Have 3 ounces (oz) of whole grain foods every day.
- Plan to eat more plant-based meals, using beans and soy foods for protein.
- Talk with your dietitian or doctor about what a healthy weight is for you. Set goals to reach and maintain

that weight.

- Talk with your health care team to find out what types of physical activity are best for you. Set a plan to get about 30 minutes of exercise on most days.

Ways to Reduce Sodium

- A low-sodium (salt) diet may help prevent build up of extra water in your body.
- This may be for high blood pressure, heart failure, kidney disease or other conditions in which swelling or fluid retention can occur.
- Even if you take a pill for blood pressure or a water pill (diuretic) to remove fluid, it is still important to have less salt in your diet.
- If you follow this diet strictly and avoid processed foods, the sodium content will be about 1,500 mg/day. This will allow you to have about 1/8 tsp table salt to season your food. Use “lite” salt and you may have ¼ tsp.

You should usually avoid these items:

- Salt – ¼ teaspoon of table salt has almost 600 milligrams sodium.
- Processed foods—salt is added in large amounts to some regular foods. Examples are:
 - canned foods—soups, stews, sauces, gravy mixes, and some vegetables
 - frozen foods—dinners, entrees, vegetables with sauces
 - snack foods—salted chips, popcorn, pretzels, pork rinds and crackers
 - packaged starchy foods—seasoned noodle or rice dishes, stuffing mix, macaroni and cheese dinner
 - instant cooking foods to which you add hot water and stir—potatoes, cereals, noodles, rice, etc.
 - Mixes—cornbread, biscuit, cake, pudding
 - meats and cheeses
 - deli or lunch meats—bologna, ham, turkey, roast beef, etc.
 - cured or smoked meats—corned beef, sausage of any kind (patty, link, Kielbasa, Italian, wieners or hot dogs), bacon
 - canned meats—potted meats, spreads, Spam, Vienna sausage, etc.
 - cheeses—read labels and avoid those with more than 140 mg sodium per serving; examples are American cheese, Velveeta, and Cheez Whiz
- Condiments, Sauces and Seasonings
 - mustard, ketchup, salad dressings, bouillon cubes or granules
 - sauces—Worcestershire, barbecue, pizza, chili, steak, soy or horseradish sauce
 - meat tenderizer, monosodium glutamate
 - any seasoning that has “salt” in the name or on the label;
 - avoid celery salt, garlic salt and onion salt; however, it is okay to have garlic or onion powder or flakes
 - read labels carefully—lemon pepper often has salt
 - pickles and olives

Foods Recommended

Food Group	Foods Recommended
Milk	<p>2 servings a day. 1 serving has about 150 milligrams (mg).</p> <p>Nonfat (skim), low-fat, or 1% fat milk</p> <p>Nonfat or low-fat yogurt</p> <p>Fat-free and low-fat cheese with less than 150 milligrams sodium per serving</p> <p>Hard cheese, such as low-fat cheddar or mozzarella</p> <p>Low-fat cottage cheese - ½ cup washed under cold water in a sieve to remove most of the sodium</p>
Meat and Other Protein Foods	<p>3 servings a day. 1 serving has about 60 mg.</p> <p>Lean cuts of beef and pork (loin, leg, round, extra lean hamburger), skinless poultry, fish (3 oz cooked meat)</p> <p>Venison and other wild game</p> <p>Dried beans and peas</p> <p>Nuts and nut butters</p> <p>Egg whites or egg substitute</p> <p>Read all meat labels! Many raw meats now have added broth with sodium salts that make the meat hold moisture and taste juicy and tender. Choose a product with less than 5% of the DV for sodium.</p>
Fruits and Vegetables	<p>5 or more servings a day. 1 serving has only about 10 mg.</p> <p>Fresh, frozen, or canned vegetables without added fat or salt</p> <p>Tomato or vegetable juice, canned, without salt</p> <p>Tomatoes, tomato sauce, canned, without salt</p> <p>Fresh, frozen canned, or dried fruit</p> <p>Fruit juices</p>
Grains	<p>5 servings a day. 1 serving has about 150 mg of sodium.</p> <p>Whole grain bread, rolls, pitas</p> <p>low-sodium crackers, pretzels, and chips</p> <p>These foods have almost no sodium and do not need to be counted in the 5 servings per day:</p> <ul style="list-style-type: none"> • shredded or puffed wheat, puffed rice • cooked cereals—regular or quick, such as oatmeal • brown rice • whole grain pasta • yeast bread made at home with no salt

Foods Not Recommended

Food Group	Foods Not Recommended
Grains	<p>Breads or crackers topped with salt</p> <p>Cereals (hot or cold) with more than 300 mg sodium per serving</p> <p>Biscuits, cornbread, and other “quick” breads prepared with baking soda</p> <p>Bread crumbs or stuffing mix from a store (homemade can be okay if from a low-sodium recipe)High-fat bakery products, such as doughnuts, biscuits, croissants, danish pastries, pies, cookies</p> <p>Snacks made with partially hydrogenated oils, including chips, cheese puffs, snack mixes, regular crackers, butter-flavored popcorn</p>
Fruits and Vegetables	<p>Fried fruits or vegetables</p> <p>Fruits or vegetables prepared with butter, cheese, or cream sauce</p> <p>Canned vegetables (unless they are salt free)</p> <p>Frozen vegetables with sauces</p> <p>Sauerkraut and pickled vegetables</p> <p>Canned or dried soups (unless they are low sodium or salt free)</p> <p>French fries and onion rings</p>
Milk	<p>Whole milk</p> <p>2% fat milk</p> <p>Whole milk yogurt or ice cream</p> <p>Cream</p> <p>Half-&-half</p> <p>Cream cheese</p> <p>Sour cream</p> <p>Processed cheese and cheese</p>
Meat and Other Protein Foods	<p>Higher-fat cuts of meats (ribs, t-bone steak, regular hamburger)</p> <p>Bacon</p> <p>Sausage</p> <p>Cold cuts, such as salami or bologna</p> <p>Corned beef</p> <p>Hot dogs</p> <p>Organ meats (liver, brains, sweetbreads)</p> <p>Poultry with skin</p> <p>Fried meat, poultry, and fish</p> <p>Whole eggs and egg yolks</p>

Fats and Oils	Butter Stick margarine Shortening Partially hydrogenated oils Tropical oils (coconut, palm, palm kernel oils)
Condiments	Salt, sea salt, garlic salt Seasoning mixes containing salt Bouillon cubes Catsup Barbeque sauce Worcestershire sauce Soy sauce Miso Salsa Pickles, olives, relish
Alcohol	Check with your doctor. Generally, do not have more than one drink per day (1 drink = 5 ounces [oz] wine, 12 oz beer, or 1½ oz liquor)

What can I do to lower my triglyceride level?

Your triglyceride level is affected by the foods you eat, your activity level and your health. Try these suggestions to lower your triglyceride level:

- *Eat and drink less sugar. Choose fewer desserts, sweetened cereals, juices and soft drinks. Use sugar substitutes to sweeten your food.
- *Drink less alcohol.
- *Be more active. Aim for 30 minutes of activity 4 to 5 days of the week.
- *Consume more fiber. Eat 25 to 35 grams of fiber each day to lower triglyceride levels. Choose whole grain or wheat breakfast cereal, pasta and bread.
- *Eat less saturated fat. Choose foods that are baked, broiled or grilled. choose fewer fried foods.
- *Choose foods rich in monounsaturated and omega-3 fats in place of those high in saturated fat. Good sources of these fats include:
 - Canola oil • Fish oil • Olives
 - Fish • Nuts • Olive oil
- *If you have diabetes, keep your blood sugars within normal levels.
- *Achieve and maintain a healthy body weight.

Label Language: A Guide to Heart Healthy Eating

When grocery shopping, take time to read the nutrition labels. Make sure you are bringing home foods that are healthy for you.

What to look for:

♥ Serving Size

The nutrition information is based on the serving size. Remember if you eat double the serving size, you are getting twice as much of everything listed!

♥ Total Fat

Choose foods with less than 5 grams of total fat per serving.

♥ Saturated Fat

It is one type of fat that will raise your blood cholesterol and your risk of heart disease and stroke. Choose foods with less than 3 grams per serving of saturated fat.

♥ Trans Fat

Trans fats, like saturated fats, raise your risk of heart disease. Sources of trans fats include snack foods and baked goods made with “partially hydrogenated vegetable oil” or “vegetable shortening.” Consume very little or no trans fats.

♥ Cholesterol

Too much cholesterol in your diet may lead to heart disease and stroke. It is best to eat less than 200 mg each day.

♥ Sodium

If you have high blood pressure, diabetes, kidney disease or are an African American, age 51 or older, 1500 mg of sodium per day is advised. Others should take in less than 2300 mg of sodium each day, which is equal to about 1 teaspoon of salt.

♥ Dietary Fiber

Fruits, vegetables, whole grains, high-fiber breakfast cereals, and beans are good sources of fiber and can help reduce the risk of heart disease. Try to eat 25-35 g of dietary fiber each day.

Nutrition Facts	
Serving Size 1 Cup (30g)	
Servings Per Container 9	
Amount Per Serving	
Calories 110	Calories from Fat 15
%Daily Value	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrates 22g	7%
Dietary Fiber 3g	0%
Sugar 1g	
Protein 3g	



Recipe – Smart Stand-Ins for Healthy Cooking

Use the following tips to trim excess calories, fat, and cholesterol from your favorite recipes. Try adding spices to recipes instead of salt for added flavor.

If your recipe uses:	Try this instead:
Whole or 2% milk	Fat-free (non-fat/skim), low-fat (½% or 1%) milk
Cream	Evaporated fat-free milk, fat-free half-and-half. Even swap 1 cup for 1 cup cream
Whipped cream	Whip chilled, evaporated fat-free milk, or use low-fat or fat-free whipped topping
Sour cream	Fat-free sour cream, low-fat Greek or regular yogurt, or blend 1 cup low-fat cottage cheese with 1 tablespoon skim milk and 2 tablespoons of lemon juice (for tartness)
Mayonnaise	Light, low-fat, or fat-free mayonnaise, fat-free plain yogurt, or avocado mash (on a sandwich)
Cream cheese	Reduced-fat or fat-free versions (no fat-free for baking)
Ricotta cheese	1% cottage cheese, skim, or non-fat ricotta
Whole-milk cheese (regular cheese)	Part-skim milk mozzarella, low-fat cheese, or reduced-fat cheese (made with 1% or 2% milk)
Butter, lard, shortening	Depending on the recipe, use canola, olive, or vegetable oil, can swap 1 cup mashed ripe banana or avocado puree for 1 cup of butter or oil





Nutrition Facts

Serving Size: 2/3 cup

Amount Per Serving

Calories 140 **Calories from Fat** 45

% Daily Value*

Total Fat 5 g **8%**

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

Cholesterol

Sodium 160 mg **7%**

Potassium

Total Carbohydrate 23 g **8%**

Dietary Fiber 1 g **4%**

Sugars 13 g

Sugar Alcohols

Protein 2 g

Vitamin A 0 IU 0%

Vitamin C 0 mg 0%

Calcium 0 mg 0%

Iron 0 mg 0%

Ingredients: Sugar, corn syrup, peanuts, popcorn, butter, margarine (w/ partially hydrogenated soybean oil), soybean oil, salt, soybean, lecithin, and baking soda.

Contains: milk, peanuts, soy. May contain: tree nuts