

Hope & Healing

Cholesterol Control Through Diet

A heart at peace gives life to the body — Proverbs 14:30

Introduction _____

Cholesterol is a waxy substance that is present in all the body's tissues and is essential to life. Only one in three Americans knows that cholesterol in foods is found only in animal products — such as meats, eggs, and dairy products. A portion of our cholesterol comes directly from the cholesterol in our foods. Another part is manufactured by the liver from the fatty foods we eat. Both end up in the blood.

Understanding Cholesterol _____

Cholesterol's most important job is to help carry fat through our blood vessels to the parts of our bodies that use the fat for energy, for repair, or for fat storage. We have LDL (lousy) cholesterol and HDL (healthy) cholesterol. When the cholesterol in our blood is too high, the LDL pieces become stuck along the walls of blood vessels, narrowing the vessels, like rust developing in a water pipe. The HDL does what it can to rescue the stuck LDL pieces and return them to the liver, but sometimes there aren't enough HDL's to do the job. Then the LDL's pile on top of another on the blood vessel wall until the flow of blood is stopped, causing a heart attack or stroke.

Testing Your Cholesterol Level _____

Cholesterol tests give you a number for your total cholesterol. If a lipid profile is done, you will see numbers for your HDL and LDL levels.

Your total cholesterol should usually be less than 200. Your HDL should be 40 or greater and your LDL should be less than 130.

The Total Cholesterol/HDL Ratio

If you divide your cholesterol by your HDL, you will get your cholesterol/HDL ratio. If, for example, your cholesterol is 210 and your HDL is 45, your ratio would be 4.6. The cholesterol/HDL goal is 4.5 or lower for middle-aged and older men and women. The lower your ratio, the less the chance is that you'll have a stroke or heart attack. If your ratio is higher than 4.5, it is time to look at what to do to change the numbers.

The Best Choice _____

The first choice in getting control of a high cholesterol through diet is to change to a low-fat, low-sugar way of eating. A low-fat, low-sugar diet is the key to bringing down an elevated cholesterol, not a low-cholesterol diet alone. The best choice is to combine your new way of eating with an exercise program. These two things can do the job much better than either can alone. And, if you smoke, you should quit.

A Do-It-Yourself Plan to Lower Your Cholesterol _____

Changing your eating habits is like driving to town. There's more than one route. Some can negotiate the route on their own. Others need help. Here is a way to begin. First, begin a food diary. Use a small notebook, keep a record of everything you eat and drink over a five day period. Get an idea of your "typical" diet. Note how you cook, how much you eat, the circumstances of your eating and how you feel at the time.

What the Food Diary Will Do _____

1. It will identify the patterns of your eating habits.
2. It will begin to change your habits. Just the act of keeping the diary will change your habits for the better.
3. It makes you more sure of what you're doing wrong.
4. It acts to motivate you.

Next, you will need to know what foods you can eat. We'll go through each food group.

The Bread, Cereal, Rice and Pasta Group (2-3 servings a day)

- Serving size: 1 slice bread, 1 ounce cold cereal, ½ cup of cooked cereal, (old fashioned oatmeal) rice or pasta.
- Whole wheat breads only. Avoid sweet breads, french toast, waffles, pancakes, croissants, and bread stuffings.
- Air popped popcorn.
- Cold cereals (use All-Bran.) Avoid granola cereals.
- Whole wheat pasta.
- Brown rice, barley and whole wheat flour products.

Fruits (2-4 servings per day)

Serving size: 1 medium apple, banana or orange, ½ cup of chopped, cooked or canned fruit.

Vegetables (5-9 servings a day)

Serving size: 1 cup of raw, leafy vegetables, ½ cup of other vegetables (cooked or raw), or ¾ cup vegetable juice.

Meat (1-2 servings a day)

Serving size: 2-3 ounces of cooked lean meat, fish, or poultry.

- Beef: eye of round, top round.
- Veal: all cuts except loin, rib, and ground.
- Pork: tenderloin.
- Chicken breast without skin, turkey breast or leg, turkey wing without skin, ground turkey.
- Poultry cold cuts with up to 1 gram of fat per ounce.
- All fresh fish and shell fish. Canned fish — water packed.

Milk (2-3 servings a day)

Serving size: 1 cup of milk or yogurt, 1 ½ ounces of natural cheese or 2 ounces of processed cheese.

- Skim and 1/2% lowfat milk.
- Buttermilk made with skim or 1% lowfat milk.
- Yogurt made with skim or 1% lowfat milk.
- 1% lowfat or dry-curd cottage cheese.
- Cheese with 2 or fewer grams of fat per ounce.

Fats and Oils

- For cooking, use olive, canola, coconut, or soybean oil. Avoid trans fats and oily salad dressings. Use butter in moderation.

Special Times Eating _____

Dining Out

Order a la carte meals, just what you want, not the restaurant's complete meal. Order salad dressing on the side. Reach for the bread basket in moderation. Order foods broiled or baked. Consider fish and poultry.

Holidays, Weddings, Family Reunions, Church Socials, and So On.

- Rehearse in advance what you will eat.
- Eat something before you leave home.
- Be the slowest eater there.

Travel

- Request special low calorie meals from the airlines.
- If on the road, use the dining out techniques above.

Summary _____

Think of controlling your cholesterol as something you should have done years ago. Make your way of eating a lifetime eating plan. To diet, after all, doesn't mean to eat less food — it means to eat better food. There are no perfect diets, but there are intelligent ways to do things. The combination of a low-fat, but highly nutritious diet is a winner for everybody. Work on improving your diet, a little at a time, exchanging good habits for bad, and soon you will have the body you want to be feeding for the rest of your life.

Awaken the Miracles Within You

The Miracles of Heaven on Earth

We usually think of heaven and hell as being places where we go after death. Or, many persons choose to think there are no such places.

Think about it this way. Both exist. And both are here and now as states of mind.

Heaven is:

Peace of mind and an adequate understanding of life.

Hell is a life filled with fear, anxiety, hatred, resentment and pain.

Whether you live in one or the other on earth depends on how you think. With a little trouble you can think your way into heaven.

The doors to hell are swing doors. Instead of locking they swing in and out with a push. You can go in or out as you choose. Think health, happiness, peace of mind, good relationships, and success in your work and keep it up hour by hour and day by day until you're in heaven.

The recommendations and information in this handout are appropriate in most cases. However, for specific information concerning your personal medical condition, please, consult your doctor.