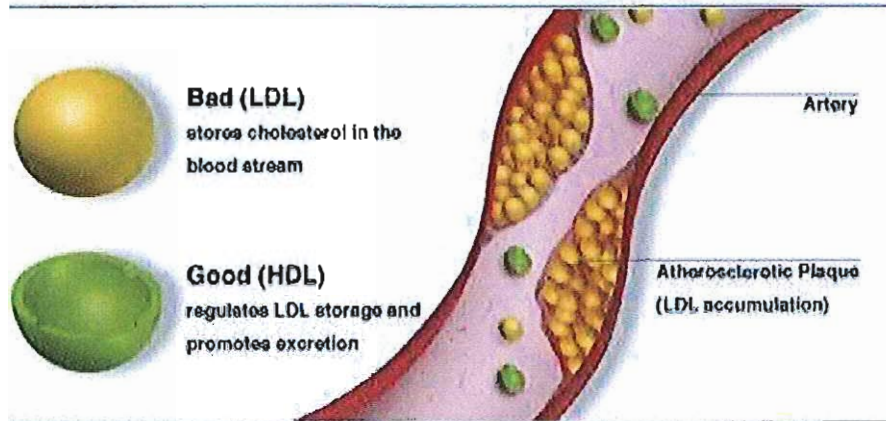


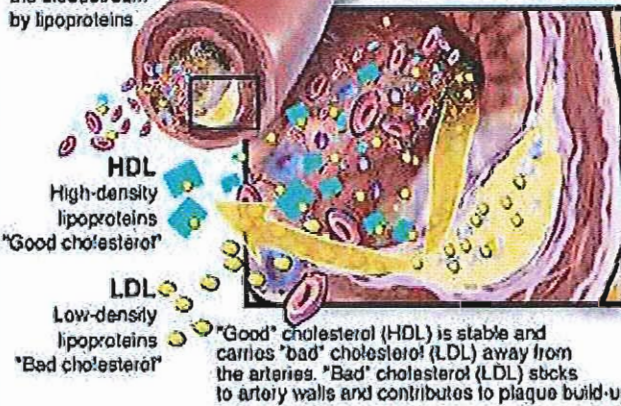
Cholesterol

Bad vs. Good Cholesterol



Cholesterol

Cholesterol is a waxy fat carried through the bloodstream by lipoproteins



Screening	Target
Cholesterol (total)	↓ 200 - Desirable 200 - 239 - Borderline ↑ 240 or above - High Risk
HDL	↑ 60 or above - Low Risk of Heart Disease 40 - 60 - Near Optimal ↓ 40 or below - High Risk of Heart Disease
LDL	↓ 100 or below - Low Risk of Heart Disease
Triglycerides	↓ 150 or below - Low Risk of Heart Disease

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HDL

LDL

HDL		LDL	
Raise	Lower	Raise	Lower
Alcohol			Niacin
Niacin			Fibrates
Fibrates	Certain Drugs		Statins
Statins		Dietary Fats	Fat Reduction
Smoking Cessation	Smoking		Estrogen
Estrogen	Progesterone	Diabetes	
Weight loss	Diabetes	Obesity	Weight Loss
	Obesity	Thyroid Disease	
	Metabolic Syndrome	Renal Disease	
		Liver Disease	
Exercise	No Exercise	Genetics	Resins
	High Triglycerides		Bile Acid Sequestrants

Eating Out

Eating at a restaurant does not have to sabotage a healthy diet. Use smart-eating strategies: plan ahead, consider the menu and choose foods carefully to keep you on your plan.



Preparation

- Have a plan. Eat a light dinner if you ate a big lunch that day. Or if you know ahead of time that you're going to a restaurant, cut back on calories during other meals that day.
- Knowing menu terms and cooking basics makes ordering easier, especially if you need to control calories, fat and other nutrients. Look for foods that are steamed, broiled, baked or grilled, and limit fried and sautéed items or foods described as "crispy," "rich" or "au gratin."

Choosing a Restaurant

- Think ahead. Consider meal options at different restaurants and look for places with a wide range of menu items. Check online menus if available for menu and nutrition information.

Ordering

- Balance your meal by including foods from all the different food groups: meat, dairy, fruits, vegetables, and grains. Look for freshly made entrée salads that give you "balance in a bowl." For example, entrée salads with chicken, cheese or seafood provide protein along with fiber and vitamins. If you are counting calories, use a low-fat dressing or skip some of the extras, like croutons.
- For sandwich toppings, go with low-fat options like lettuce, tomato and onion; use condiments like ketchup, mustard or relish; and low-fat dressings.
- Round out your meal by ordering healthy side dishes, such as a side salad with low-fat dressing, baked potato or fruit. Boost the nutritional value of your baked potato by topping it with vegetables, salsa or chili.
- Substitute. Ask for a side salad with low-fat dressing to replace fries in a combination meal.
- Many restaurants honor requests, so don't be afraid to be assertive, ask menu questions and make special requests to meet your nutritional needs.
- Many restaurants serve huge portions, sometimes enough for two or three people. Order menu items that contain fewer calories and eat a smaller portion. Bring leftovers home for another meal. Or, order an appetizer in place of an entrée and add a small salad.

Eating

- Eat slowly. It takes about 20 minutes for your brain to get the message from your stomach that you are no longer hungry. Fast eaters often are overeaters, while slow eaters tend to eat less and are still satisfied.

Eating Out with Kids

- Choose a restaurant that caters to children and has a healthy children's menu that includes smaller portion sizes and meals designed to provide ample nourishment for smaller bodies.
- For kids' meals, opt for milk as a beverage and fruit for dessert.
- Order plain foods with sauce on the side.
- Substitute healthier "sides" in place of fries, like carrots or apple slices.
- Choose two or three suitable menu items, then let your child pick one.
- Let kids order their familiar favorites when they eat out. For new foods, offer a bite or two from your order.
- Calcium is important at all ages, but especially for growing bones. To get more calcium, drink low-fat or fat-free white or chocolate milk or add a slice of cheese to their sandwich. Choose dairy-based treats like yogurt, a smoothie or frozen dairy dessert.

Menu Deciphering:

- Foods served fried, au gratin, crispy, scalloped, pan-fried, sautéed, buttered, creamed or stuffed are high in fat and calories. Instead, look for steamed, broiled, baked, grilled, poached or roasted foods.
- If you're not sure based on the menu description how a meal is prepared or what ingredients it contains, ask!
- Choose entrees that feature seafood, chicken or lean meat; avoid fatty meats. Remove all visible fat and the skin from chicken.
- Check the menu for items marked "healthy,"

Fast-food Fat-sensible tips:

- Find out the nutritional content of fast-food items by visiting the chain's Web site. Some restaurants post this information near the counter or provide it in pamphlet form.
- Pass on "value-size" servings that enable you to choose greater portions of food for a slightly greater price.
- Skip the sides, which are usually deep-fried. For a healthier side dish, order a side salad or fruit cup.
- Choose a baked potato over French fries, and have it with vegetables or fat-free or low-fat sour cream or margarine instead of butter, full-fat sour cream or cheese.
- Choose grilled chicken sandwiches over breaded, fried-chicken sandwiches and most burgers.
- Avoid ordering sandwiches with double meat.
- Avoid adding bacon to sandwich. Order pickles, onions, lettuce, tomatoes, mustard and ketchup instead to add flavor without fat.
- Steer clear of fried fish sandwiches. Choose fish sandwiches where the fish is baked, broiled or grilled.
- Try asking for a wheat or whole-grain bun, as some places do offer them.
- Hold the mayonnaise and other calorie-laden sandwich sauces (e.g., "special sauce").
- Drink water, diet soda, skim milk or unsweetened tea.

Follow these tips when ordering your meal:

- Avoid ordering before-the-meal "extras" like cocktails, appetizers, and bread and butter.
- Ask for butter, cream cheese, salad dressings, sauces and gravies to be served on the side, so you can control the quantity you consume.
- High-sodium foods – include any food that's served pickled, in cocktail sauce, smoked, in broth or au jus, or in soy or teriyaki sauce.
- Avoid dishes with lots of cheese, sour cream and mayonnaise.
- Be selective at salad bars. Choose fresh greens, raw vegetables, fresh fruits, garbanzo beans and reduced-fat, low-fat, light or fat-free dressings. Avoid cheeses, marinated salads, pasta salads and fruit salads with whipped cream.
- Choose desserts carefully. Fresh fruit, fruit ice, sherbet, gelatin and angel food cake are good alternatives to more traditional fat- and cream-laden desserts.
- Use fat-free or 1% milk in coffee instead of cream or half-and-half.
- Ask what kinds of oils foods are prepared with or cooked in. The most desirable oils are monounsaturated oils (olive oil, canola oil and peanut oil) and polyunsaturated oils (soybean oil, corn oil, safflower oil and sunflower oil).
- Ask whether the restaurant can prepare your food to order – for example, by leaving off or going very light on dressings, butter, cheese or other high-fat items. Ask the chef to prepare the food with very little butter or oil or none at all.
- Ask if smaller portions are available or whether you can share entrees with a companion. If smaller portions aren't available, ask for a to-go box when you order and place half the entrée in the box to eat later.
- Ask whether healthy substitutions are possible. For example, if a dish comes with French fries or onion rings, ask whether you can get a baked potato with vegetables, and low-fat or fat-free sour cream or soft margarine on the side. Instead of mayonnaise-laden coleslaw, ask if you can get a small salad, fruit or vegetables instead. Although some substitutions may cost a little extra, the health benefits are well worth it.
- Even if they aren't on the dessert menu, many restaurants can offer you fruit or sherbet instead of high-fat pastries and ice creams.

Tips for Eating Fast Food

Fast food used to mean fried food, but today food franchises are offering people more healthy alternatives. Chef salads, grilled chicken sandwiches and frozen yogurt are just three examples.

- Beware of topping burgers with cheese, special (mayonnaise-based) sauce and bacon — they add saturated fat and calories.
- Pickles, onions, lettuce, tomato, mustard and catsup add flavor without the fat.
- Steer clear of fried fish sandwiches.
- A baked potato can be a healthy option, but have it with low-fat sour cream instead of butter, full-fat sour cream or cheese.

instead of	try
Danish	Small bagel
Jumbo cheeseburgers	Grilled chicken, sliced meats or even a regular 2 oz. hamburger on a bun with lettuce, tomato and onion
Fried chicken or tacos	Grilled chicken or salad bar (<i>but watch out for high-calorie dressings and ingredients</i>)
Fried chicken pieces	Chicken fajita pitas
French fries	Baked potato with vegetables or low-fat or fat-free sour cream topping
Potato chips	Baked potato chips
Milkshake	Juice or low-fat or fat-free milk or a diet soft drink. (<i>Limit beverages that are high in calories but low in nutrients, such as soft drinks</i>)

Tips for Eating Italian Food

To most people, Italian food means pasta. Pasta is low in fat, and whole-grain pasta is a good choice when available. It's the full-fat cheeses and cream sauces that add all the saturated fat and calories. So ask for fettuccine with marinara sauce. If you order pizza, choose toppings like spinach, mushrooms, broccoli and roasted peppers to keep down the saturated fat and add up the vegetables.

instead of	try
Fried calamari	Roasted peppers or minestrone soup
Cheese or meat-filled pastas or casserole-type dishes	Pasta primavera (with sautéed garden vegetables) or pasta with white or red clam sauce
Pasta with butter or cream sauces (such as Alfredo sauce)	Pasta with marsala sauce (made with wine) or marinara sauce (made with tomatoes, onions and garlic)
Any scaloppini or parmigiana (<i>floured, fried and baked with cheese</i>) dish	Marsala and piccata dishes

Tips for Eating Mexican Food

- Tell your server not to bring fried tortilla chips to the table.
- Ask for low-fat sour cream or use salsa to add flavor.
- Veracruz or other tomato-based sauces are better than cream or cheese sauces.
- If you order a taco salad, don't eat the fried shell.

instead of	try
Flour tortillas	Corn tortillas
Nachos	Grilled shrimp
Carnitas (fried beef or pork) or chorizo (sausage)	Grilled fish or chicken breast
Refried beans	Frijoles a la charra or borracho beans and Spanish rice
Full-fat sour cream and cheese	Salsa, pico de gallo, cilantro, jalapeno peppers
Quesadillas (flour or corn tortilla, filled with meat and cheese and fried)	Chicken fajitas (marinated chicken grilled with onions, green peppers, lettuce, diced tomatoes with a soft corn tortilla)
Chalupas and tacos	Taco salad or fajita salad (don't eat the tortilla shell and ask for low-fat sour cream)
Flautas (<i>crisp, rolled tortillas stuffed with shredded meat and topped with a sauce</i>);	
Chimichangas (<i>flour tortillas filled with spicy meat and Monterey Jack cheese, fried and topped with tomato sauce</i>);	Chicken or beef enchiladas with red sauce or salsa
Burritos (<i>large flour tortillas filled with beans or meat, served with tomato sauce and topped with shredded cheese</i>)	

Tips for Eating Chinese Food

Chinese food can be high in sodium. Main dish portions are often quite large, so try ordering fewer entrees than you have dinner companions. Then divide and devour!

- Choose entrees with lots of vegetables — chop suey with steamed rice is an example.
- Substitute chicken for duck, when possible.
- Skip the crispy fried noodles on the table.
- Ask the cook to use less oil when preparing stir-fry and other dishes and to leave out soy sauce, MSG and salt.

instead of	try
Egg drop soup	Wonton or hot-and-sour soup
Egg rolls or fried wontons	Steamed dumplings
Fried entrees	Boiled, broiled, steamed or lightly stir-fried entrees
Dishes with fried meats	Dishes with lots of vegetables
Dishes with cashews and peanuts (not a problem if you're not overweight)	Dishes with water chestnuts
Fried rice	Steamed rice

Tips for Eating at Family Restaurants

- Avoid dishes with lots of cheese, sour cream and mayonnaise.
- Instead of fried fish or chicken, choose boiled spiced shrimp, or baked, boiled or grilled fish or chicken.
- Choose bread or pita pockets over croissants and biscuits.
- Salads make great meals, but be careful of the calories in dressing. Order dressing "on the side" and dip your fork into the dressing, then into your bite of salad.
- Split a large entree with another family member. You'll save dollars — and calories!
- Try to avoid all-you-can-eat buffets because you're more likely to eat more than you need.

instead of	try
Cream soups	Broth-based soups with lots of vegetables
Quiche and salad	Soup and salad
Buffalo chicken wings	Peel-and-eat shrimp
Fried chicken sandwich	Blackened chicken sandwich
Chicken fried steak	Veggie burger
French fries or potatoes and gravy	Baked potato; potatoes without gravy; rice without gravy; cooked greens made without salt pork or lard
Creamy coleslaw	Sautéed vegetables or tossed salad
Hot fudge sundae or ice cream	Non-fat yogurt, sherbet or fruit ice