



SUGAR LAND HEART CENTER

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Nikam's Diet-Cholesterol Reduction

A Heart-Healthy Life Style for Working Women & Men

Items

- 1 Calorie intake to less than ____/day (1200-1500)
- 2 Reduce carbohydrate intake to 300-400 calories. 75-100 G /day
- 3 Fats less than 20-30% of the calories (240-450 calories) or 26-50G/day
- 4 Reduce solid fats, sweets, butter, lard
- 5 Proteins: Less than 15-20% of the calories (180-300) or 45-75 g/day
- 6 Skim milk instead of regular, 2% or 1% milk
- 7 Fiber rich products: Fiber one cereal, raisin Bran,
- 8 Metamucil 1tbsp with 2-3 glasses of water. (Lowers cholesterol 10-25 points)
- 9 Red wine one glass per day (3.5 oz) High in antioxidants
- 10 Fish oil capsule 2-3 times a day
- 11 Flax Seed oil one capsule twice daily
- 12 Niacin 500 mg 1-3 per day
- 13 Exercise: walk for 30-45 min per day. Burn at least 300 calories with aerobic exercise
- 14 Proteins: <8 oz/day chicken, turkey, lean meat, beans, peas, veggie patties
- 15 Fish: Salmon, mackerel, tuna, sardines 2-3/wk (high in Omega-3 fatty acids)
- 16 Chicken breast, no skin, grilled. <8 oz/day
- 17 Salads with minimal dressings every day
- 18 Watch comedy channel: Get a sense of humor
- 19 Downsize your belt-size. Never upsize your belt-size. Just say NO
- 20 Drink at least 8 glasses of water
- 21 Centrum A-Z multivitamin/mineral complex, one daily
- 22 Aspirin one tab (81 or 325 mg) per day

Calories: Carbs 1G=4 calories, proteins 1G=4 calories, Fats 1 G=9 calories