



Dietary Guidelines for High Cholesterol and Triglycerides

- **Eat a diet high in fiber:** Fiber is crucial - for preventing cancer and other diseases, regulating bowel function, promoting healthy GI bacteria, and lowering cholesterol. LDL ('bad' cholesterol) levels can drop in just 2-3 weeks when you begin adding oatmeal, brown rice, rice bran, beans, fruits and crunchy vegetables (broccoli, cauliflower, zucchini, peppers) to your daily diet.
- **Add garlic and onions to your diet on a regular basis:** One to two cloves of garlic each day has been shown to reduce cholesterol and triglycerides.
- **Eat natural fats (called essential fatty acids):** These include raw seeds and raw nuts and their oils (flaxseed), fish and olive oil; cold-water fish such as salmon; avocados; almond / cashew / macadamia nut butters. Avoid roasted nuts, fried foods and processed fats (trans fatty acids) that have had their beneficial fats burned out. Processed fats are in a majority of food products found in grocery stores (examples: cookies, cakes, crackers, boxed foods). To bring more nutrients to YOUR table shop the perimeter of the store (produce, meat, fish daily) and buy less from the middle aisles.
- **Eliminate sugar from your daily diet:** We all like to have a treat once in awhile, but the biggest cause of high triglycerides is the sugar we eat. Keep candy, cakes and cookies as an occasional treat - not a mainstay in your diet. High fructose corn syrup, found in juices and other sweet treats, greatly increased production of triglycerides.
- **Invest in supplement:** Various vitamins, minerals and herbal products have been shown to balance blood lipid levels. Check with your healthcare provider which ones would be best for you. It is important to consider other medications you are taking, and other disease states you may be treating. **NOTE:** if you are taking a prescription HMG-reductase inhibitor (Lipitor, Zocor, Pravachol) to lower cholesterol, supplementation with **CoQ10** is STRONGLY advised.