

# LOWER YOUR CHOLESTEROL

take the first step

## AND NOW FOR SOME GOOD NEWS!

**THERE ARE SEVERAL DIFFERENT STEPS YOU CAN TAKE** to lower your cholesterol. They don't all involve giving up your favorite foods and you don't have to suddenly change everything about the way you eat. Small changes in the foods you eat can have big effects on your heart health over weeks, months and years.

Heart healthy eating starts with the foods you choose to eat, not only the foods you avoid. Many of the foods that will help lower your cholesterol are tasty, convenient and familiar.

An easy first step toward heart healthy eating is to eat more foods that provide soluble fiber. Foods containing soluble fiber include everyday favorites, such as Honey Nut Cheerios® cereal, apples, oranges, pears, carrots, oatmeal and rye bread.



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## A FRESH PERSPECTIVE FROM THE EXPERTS

**UNTIL RECENTLY**, heart healthy eating goals focused on avoiding or restricting certain foods. However, the revised American Heart Association guidelines, released in 2000, focus on foods we should eat rather than foods we should avoid. These foods contain plenty of heart healthy nutrients, such as soluble fiber, omega-3 fatty acids and vitamins and minerals.

The first and most important guideline from the American Heart Association is to **achieve an overall healthy eating pattern**. An overall healthy eating pattern includes foods from all the major food groups. Start with a variety of grains, fruits and vegetables. These foods form the basis of healthy meals, and are important because they provide soluble fiber and other heart healthy nutrients.

To achieve an overall healthy eating pattern:

- eat at least 5 servings a day of fruits and vegetables
- select 6-11 servings a day of grain products, including whole grains
- include fat-free and low-fat dairy products, fish, legumes (dried beans and peas), poultry and lean meats
- eat at least 2 servings of fish per week

### THE AMERICAN HEART ASSOCIATION GUIDELINES RECOMMEND FOUR STEPS TO MAINTAIN A HEALTHY HEART.

- Achieve an overall healthy eating pattern
- Achieve a healthy body weight
- Target a desirable cholesterol level
- Achieve a desirable blood pressure

For more information about these guidelines, visit the American Heart Association website: [www.americanheart.org](http://www.americanheart.org)



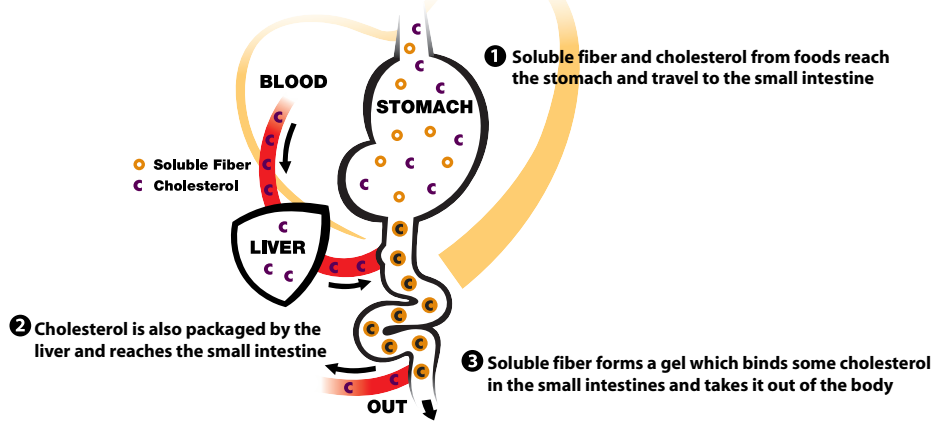
## Bee Happy. Bee Healthy.™

## WHY IS SOLUBLE FIBER IMPORTANT?

**SOLUBLE FIBER HELPS** lower cholesterol levels. Nutrition researchers have some ideas about how this might work. Soluble fiber can form a gel in your digestive system which may bind cholesterol and take it out of the body.

**FIBER IS** the part of plant foods that your body cannot digest. There are two main types of fiber — soluble and insoluble. Both have important health benefits but soluble fiber can form a gel with water and may help lower your cholesterol.

### How Soluble Fiber May Lower Cholesterol



## EASY WAYS TO ENJOY MORE SOLUBLE FIBER

### BREAKFAST:

- Start the day with a bowl of your favorite whole grain oat cereal.
- Take a baggie of whole grain oat cereal with you or keep a box at work if you don't have time to eat before you go.

### LUNCH OR DINNER:

- Order a sandwich on rye bread.
- Add quick-cooking barley to soups or casseroles.
- Add plenty of kidney beans or garbanzo beans at the salad bar.
- Choose a bowl of pea or bean soup or vegetarian chili.
- Fill up with an apple, pear or orange.

### SNACKS:

- Munch on baby carrots.
- Dip veggies or baked chips in hummus (made from garbanzo beans).
- Look for tangerines – they are easier and cleaner to eat than oranges.
- Pick up a bag of roasted soynuts.
- Mix your favorite whole grain oat cereal with nuts and dried fruit to create your own snack mix.

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## WHAT ABOUT FAT?

**AN IMPORTANT PART** of decreasing your cholesterol is paying attention to the amount of fat you eat. Eating less fat starts with the foods you choose to eat, not the foods you avoid. Fruits, vegetables and whole grains are very satisfying and provide important health benefits. When you eat more of these foods, you may find that you eat fewer high-fat foods. For example:

- Have a bowl of whole grain cereal for breakfast; you may be less tempted to eat a high-fat donut or muffin later in the morning.
- Round out your lunch with a sweet crunchy apple or juicy tangerine and you may reduce your desire for a high-fat candy bar.

Add fat-free and low-fat dairy products, fish, legumes, poultry and lean meats to your meal plan. Some ideas for low-fat choices are:

- Use skim or 1% low-fat milk on your breakfast cereal.
- Look for light or nonfat ice cream or ice milk.
- Enjoy a grilled salmon or tuna steak.

## TAKE THE FIRST STEP

**HONEY NUT CHEERIOS® CEREAL** may lower cholesterol as part of a low-fat diet.\*

- Made from whole grain oats and oat bran
- Low in fat
- Tastes great
- Convenient way to add soluble fiber

\*As part of a low-fat diet, 3 grams of soluble fiber from oats daily can help lower cholesterol. Honey Nut Cheerios cereal provides 0.75 grams of soluble fiber in a 1-cup serving.

