



Central Texas Veterans Health Care System

Lower Cholesterol & Triglycerides

Primary Care Nutrition Tip

This handout provides only basic nutrition guidelines for this topic.
See a Registered Dietitian (RD) for your individual needs.
The Nutrition Clinic is a walk-in clinic (no appointment needed) in
Austin, Temple and Waco and by appointment at CBOC's.
Sign up with the clinic clerk to speak to a dietitian.

Other classes and programs available:

Diabetes Classes - series of 3 classes with information from nursing, nutrition, pharmacy and activity specialists on how to manage your diabetes.

Cardiovascular - 3 hour class with nursing, nutrition and pharmacy information on heart health.

Pre-Diabetes – 90 minute class with nursing and nutrition information on reducing or delaying your chance of having diabetes. Available in Waco, Temple, Austin

Renal - 2 hour class with information from nursing and nutrition on kidney disease and management. Available in Temple, Austin

MOVE! Weight Management - **MOVE!** is a national VA program designed to help veterans lose weight, keep it off and improve their health. MOVE! features a personalized program of nutrition, physical activity and behavior change. Visit www.move.va.gov to find out more.

Ask your Primary Care Team which of these classes is best for you and how to be enrolled.

Lower Cholesterol & Triglycerides With Healthy Eating



Eat foods that are rich in fiber

Fiber helps to slow down the blood sugar rise. Fiber is also healthy for your heart.

Fiber-rich foods include:

- Whole-grain breads and cereals including oats
- Brown rice
- Whole-wheat pasta
- Fruits and vegetables
- Dried beans and peas
- Potatoes with the skin
- Corn, whole kernel

But do not go overboard on these foods. They raise your blood sugar.

- Eat only 1-2 pieces bread per meal
- Eat one serving starch per meal
- Eat one small serving fruit per meal
- Include more non-starchy vegetables

Choose healthy protein foods

Eating protein that is low in fat can help you control your weight. It also helps keep your heart healthy. Low-fat protein foods include:

- Lean meat with all visible fat removed
- Poultry with the skin removed
- Low-fat or fat free milk, cheese, and yogurt
- Fish and seafood
- Wild game

- Eat 2-3 ounces meat, fish or poultry per meal
- Bake, broil, boil, steam foods most often

Limit unhealthy fats

Saturated and trans fats are unhealthy for your heart. Fat is also high in calories, so it can make you gain weight. To cut down on unhealthy fats, limit these foods:

- Sweet bakery goods such as pies, muffins, and donuts
- Butter, lard
- Stick margarine
- Shortening
- Cream, Gravies, Sauces
- High fat Cheese
- Bacon, Lunchmeats, Sausages
- Ice cream

- Add less fats to food
- Use small amounts of oils
- Use small amounts tub margarine with zero trans fat

Find alternate foods to manage your “sweet tooth”

Even some “sugar free” desserts can raise your blood sugar if you eat too much.

Try these suggestions:

- Eat a small light yogurt occasionally
- Eat 2-3 small pieces fruit daily
- Use diet sodas, unsweetened tea, Crystal Light®, & water instead of sugared sodas, juices, or sport drinks
- Use a small sugar-free hard candy 1-2 times per day (don't go overboard)