

## FOR YOUR PATIENTS

# Have you been told your ApoB or LDL Particle Number is high? Here are some dietary changes that may help lower these numbers.

**A diet lower in carbohydrates and higher in protein and monounsaturated fat may decrease ApoB and reduce risk for coronary heart disease.**

Diet focus	Tips for getting it done
Go vegetarian one night a week. Include a serving of legumes and whole and high protein grains.	Try beans with corn or whole wheat tortillas; minestrone, split pea or lentil soup with whole grain crackers; vegetarian chili with whole grain bread or top salad with beans and serve with a whole-wheat roll. Try vegetarian meal substitutes such as veggie burgers on a whole grain bun or tofu with brown rice. Serve bulgur or millet as a side dish instead of rice.
Change the way you think about meat.	Decrease intake of animal protein to 4 oz. daily. Consume lean meat, skinless white meat or poultry once daily or less.
Eat fish.	Include tuna, herring, salmon, sardines rich in omega-3 fatty acids and shellfish including mussels, oysters, and clams. Eat fish two times weekly, 4 oz. per serving.
Enjoy fat free or low fat dairy products.	Add a glass of fat-free milk to cereal at breakfast, low fat cottage cheese at lunch and low fat yogurt or low fat string cheese for snacks.
Enjoy one serving of fruit at every meal with an extra serving at breakfast.	Add dried fruits (no added sugar) such as dried raisins, apricots, plums or figs to cold or cooked cereals at breakfast, along with a banana or a serving of berries. You can also think of fruit as dessert.
Eat lots of vegetables. Enjoy 2-3 servings at lunch and dinner.	Choose large salads with a variety of raw vegetables at lunch and dinner. Include lots of raw vegetables and pickles with sandwiches. Include both cooked and raw vegetables with lots of color: brussels sprouts, broccoli, carrots, peppers (green, orange, yellow and red), spinach, tomatoes, etc.
Use good fats. Extra virgin olive oil, nuts, peanuts, sunflower seeds, olives, avocados and unsalted peanut butter.	Use olive oil in cooking, choose nuts and seeds for snacks and add olives and avocado to salads and sandwiches. Choose unsalted, natural peanut butter on sandwiches or toast.
Increase plant sterols and stanols.	Try orange juice, yogurts or margarines fortified with plant sterols or stanols. Choose low sugar options.
Increase soluble fiber.	Aim for 10-25 grams daily. One-half cup of cooked oatmeal has 2 grams, one-half cup of lima beans has 3.5 grams, or three tbsp. of psyllium fiber supplement has 6 grams.
Always eat breakfast.	Eat breakfast to fuel your day from the start.

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Health Care Provider: \_\_\_\_\_

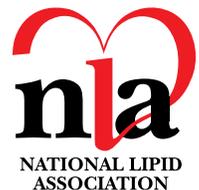
LDL Goals: \_\_\_\_\_ Weight Loss Goals: \_\_\_\_\_

Activity/Exercise Goals: \_\_\_\_\_

Medications Recommended: \_\_\_\_\_

Provided by the National Lipid Association

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—Julie Bolick, RD  
—Tisha Fonce, RD

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