

MANAGING YOUR HEALTH

HIGH CHOLESTEROL



Foods to Focus on:

Fruits and Vegetables:

Spinach
Collard Greens
Kale
Cabbage
Broccoli
Onion
Carrots
Sweet Potato
Bananas
Apples
Oranges
Pears
Grapes

*These are just a few examples. Item can be fresh, frozen or canned. If canned, rinse off with water to decrease the sodium.

Whole Grains:

Brown Rice
Whole-Wheat Bread
Oatmeal

Fat-free or low-fat Dairy:

Low-Fat or Fat Free Milk
Low-Fat Yogurt

Protein:

Beans
Peanut Butter
Egg whites
Chicken and Turkey (remove skin, trim fat)
Tuna
Lean Meats (round or loin in the name)

● Culinary Inspiration

- Instead of butter or heavy sauces, flavor vegetables with herbs such as spinach with thyme, carrots with rosemary, broccoli with oregano.
- Switch breadcrumbs in meatloaf for uncooked oatmeal to increase whole grains.
- Top oatmeal with bananas and sprinkle with cinnamon.
- Prepare stuffed cabbage with brown rice, mushrooms, onion, garlic, and herbs in place of ground meat.
- Create a stir-fry with vegetables you have available such as broccoli, onions, carrots and peppers. Serve as a side dish, or to make a meal, add a protein and serve over brown rice. Make a sauce with low-sodium soy sauce, broth, rice vinegar and dried ginger.
- Create a soup with carrots, onion, celery, kale, white beans, oregano or rosemary, and stock (vegetable or chicken).
- Use mashed bananas or applesauce in place of oil when baking.

Breakfast

Apple Oatmeal Muffins

MyPlate Kitchen

Ingredients: ½ cup milk, ⅓ cup applesauce, ½ cup flour, ½ cup oats, 1 cup sugar, ½ tablespoon baking powder, ½ teaspoon cinnamon, 1 apple (cored and chopped).

Directions: Preheat oven to 400°F. Spray muffin tin with non-stick cooking spray. In a bowl, combine milk and applesauce. Stir in flour, oats, sugar, baking powder, and cinnamon. Stir in apples, and then spoon into muffin tin. Bake for 20 minutes or until an inserted toothpick comes out clean.

Lunch

Black Bean Soup

American Heart Association

Ingredients: 1 medium onion (diced), 1 tablespoon minced garlic, 2 teaspoons ground cumin, 1 medium jalapeno (chopped with seeds and ribs discarded), 2 15.5 oz cans undrained black beans, 1 14.5 oz can undrained diced tomatoes, 1 cup chicken broth.

Directions: Spray large pot with non-stick cooking spray. Cook the onion over medium-high heat for 5 minutes, or until very soft. Stir in the jalapeno, garlic, and cumin and cook for 1 minute. Stir in the beans with the liquid and lightly mash them with a fork or potato masher. Stir in the tomatoes with liquid and broth. Reduce the heat to medium, simmer, covered, for 15 minutes.

Nutrition Spotlight

Magnesium:

- Blood Pressure + Blood Sugar Regulation
- Examples
 - Avocados, Beans and Peas, Fruits, Leafy Greens, Whole Grains, Potatoes

Iron:

- Energy + Immunity + Wound Healing
- Examples:
 - Beans, Eggs, Fruits, Green Vegetables, Meat, Poultry

Phosphorus:

- Forms Bones + Energy
- Examples:
 - Beans, Dairy, Meat, Poultry, Whole Grains

Manganese:

- Wound Healing + Bone Formation
- Examples:
 - Beans, Pineapple, Spinach, Sweet Potato

Dinner

Chicken Ratatouille

MyPlate Kitchen

Ingredients: 1 tablespoon olive oil, 2 medium boneless chicken breasts, 2 medium sliced zucchini, 1 small eggplant peeled and cut into 1-inch cubes, 1 medium sliced onion, 1 chopped bell pepper, ½ lb. sliced mushrooms, 1 14.5 oz. can diced tomatoes, 1 minced garlic clove, 1 tablespoon basil, 1 tablespoon parsley.

Directions: Remove skin and fat from chicken and cut into 1-inch pieces. Heat oil in non-stick skillet. Sauté chicken for about 3 minutes, or until lightly browned. Next, add in the zucchini, eggplant, onion, green pepper and mushrooms. Cook for about 15 minutes, stirring occasionally. Stir in tomatoes, garlic, basil and parsley. Stir and continue to cook for 5 minutes, or until chicken is tender.

Eat the Rainbow Vegetable Soup

Eating Well

Ingredients: 1 cup tomato sauce, 1 ½ cups frozen lima beans, 1 cup chopped carrots, 1 cup chopped yellow bell pepper, 1 cup chopped tomatoes, 1 cup chopped spinach, 2 ¼ cups vegetable broth, ¾ tsp. Italian seasoning, ¾ tsp. garlic powder, ¾ tsp crushed red pepper

Directions: Divide tomato sauce into 3 1-pint canning jars or other microwavable container with a tight fitting lid. Top each with lima beans, carrots, bell pepper, tomatoes and spinach. Cover and refrigerate for up to 3 days. To prepare 1 jar of soup add ¾ cup of broth to the jar and sprinkle with ¼ teaspoon of each of the seasonings. Microwave for 1-minute, stir and repeat until the soup is hot and vegetables are tender.