

# CHOLESTEROL LOWERING PROTOCOL

## Cholesterol Lowering Diet & Supplements

FOOD	CHOOSE	AVOID
<p><b>FATS</b></p> <p><b>No more than 30% of your daily diet should come from fats each day.</b></p>	<p>Extra virgin olive oil (best oil to cook with or use as a salad dressing with balsamic vinegar, avocados (spread on a sandwich instead of mayonnaise), “Smart Balance” in place of margarine or butter, but olive oil is the healthiest choice.</p>	<p>Any food made with hydrogenated or partially hydrogenated vegetable oil (read labels), palm kernel oil, palm oil, margarine.</p>
<p><b>DAIRY</b></p>	<p>Fat free or low fat plain yogurt, skim milk, skim milk cheese, (mozzarella, ricotta, bakers, farmers), low fat cottage cheese, eggs (1 per day), soy milk, rice milk, almond milk.</p>	<p>Cheese, yogurt, whole milk, sour cream, ice cream, butter, cream.</p>
<p><b>MEAT</b></p>	<p>White meat chicken or turkey with skin removed, very lean cuts of red meat with all visible fat trimmed off, venison, elk, pheasant, mackerel, albacore tuna (in water) salmon, halibut, herring, sardines. Bake, grill or broil all meats on low heat (don’t burn it).</p>	<p>Hamburgers, fried chicken, fried fish, bacon, ribs, sausage, ham, hot dogs, turkey franks, chicken franks, cold cuts including bologna, salami, pepperoni, and turkey bologna, beef labeled “Prime”, corned beef, organ meats, shrimp, oysters, eel, squid.</p>
<p><b>SNACKS</b></p>	<p>Almonds, walnuts and macadamia nuts (use sparingly), almond or natural peanut butter (limit to 2 Tbsp. per day)</p>	<p>Chocolate, processed nuts and seeds, potato or corn chips, French fries.</p> <p>White flour products, doughnuts, crackers, cookies, cakes, pies.</p>



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<p><b>CARBOHYDRATES/SUGAR</b></p>	<p>Whole fruits and vegetables (5 or more servings per day), plain old fashion oatmeal, high fiber cereal (Kellogg’s Bran Buds, Kasha Go Lean, or Good Friends), whole grain high fiber bread from health food stores like Ezekiel bread, basamati white rice, stevia (an herbal sweetener, honey (in moderation).</p>	<p>White flour products (ex. Commercial breads, croutons, biscuits, muffins, pancakes, pastries, donuts, croissants, sweet rolls, etc), flour tortillas, canned or boxed noodles, macaroni or spaghetti dishes, most commercial cereals, crackers, chips, popcorn, commercial box mixes, and sugar.</p> <p>Avoid foods that have a glycemic index greater than 70, stimulants (coffee, tea, chocolate, sugar, artificial sweeteners)</p>
<p><b>FIBER</b></p>	<p>Try to get 25-35 grams of fiber per day from your food Start low and build.</p> <p>If you need to add extra fiber try “Benefiber”, “Fiber Delights”, “Metamucil”, (make sure they don’t have added sugar or artificial sweeteners.)</p>	
<p><b>OILS</b></p>	<p>Flaxseed oil, 1-2 Tablespoons daily. Continue indefinitely.</p> <p>Fish oil (EPA/DHA), 3000 mg/day</p>	

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<b>VITAMINS/SUPPLEMENTS</b>	<p>Vitamin E in the natural d-alpha-tocopherol or mixed tocopherol form, at least 400 IU/day.</p> <p>Vitamin C, at least 1000 mg/day.</p> <p>Coenzyme Q-10, especially if on cholesterol lowering medicine, 100-200 mg/day.</p> <p>Grapeseed and /or pine bark extract.</p> <p>Selenium</p> <p>Alpha-lipolic acid Inositol hexaniacinate (non-flushing niacin), 500 mg 3 times/day with meals.</p> <p>Garlic: Odorless, 5000mcg of allicin per tablet, continue indefinitely.</p> <p>Guqlipid, if can't tolerate inositol hexaniacinate (extract from the mukul myrrh tree), 500mg 3 times/day.</p> <p>Pantethine, (the active form of pantothenic acid), 900 mg/day. Also lowers triglycerides. Use in place of niacin with diabetics. Pantothenic acid itself has no effect.</p> <p>Policosanol (an extract of Cuban sugar cane), 10-15 mg/day.</p> <p>Beta glucan (cellulose extract from the seed coat of oats), 50-150 mg/day.</p>	
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## PANTRY CONVERSIONS

The following items are found in our pantry. Items on the left are found in the standard pantry; items on the right are found in a healthier pantry.

### ATTENTION DIABETICS!

The foods listed below in **ALL CAPITAL LETTERS** should be **AVOIDED** until the doctor has instructed you it is safe to choose these foods as part of your diet. As your glucose stabilizes, you will be able to incorporate more foods.

PANTRY ITEMS	HEALTHIER PANTRY ITEMS
Baking powder	aluminum free baking powder 1t baking powder = 1/2t Cream of Tartar + 1/4t baking soda
BISCUIT MIXES	WHOLE-GRAIN* MIXES
Black tea	herbal teas
Bouillon cubes	Pure vegetable bouillon; Miso (store in refrigerator); Chicken bouillon
Canned beans	The following beans can be purchased dried: adzuki beans, black beans, black-eyed peas; garbanzo beans; great northern beans; kidney beans; lentils; lima beans; navy beans; pinto beans; split peas
Canned tuna	Fresh or frozen tuna steaks
Cereals	Use whole-grain* hot or cold cereals; avoid cereals with additives, sugar, hydrogenated fats, or white flour
CHIPS	LOOK FOR ORGANIC, LOW-SALT, AND BAKED CHIPS; CORN OR TORTILLA CHIPS; BLUE CORN CHIPS
Coffee	herbal teas; roasted grain beverage Swiss water decaf process coffees (Be aware most commercial coffees use a chemical to get the caffeine out)
Nuts and seeds	raw, unsalted (store in the refrigerator); almonds & almond butter; cashews & cashew butter; pecans; sesame seeds & tahini; sunflower seeds; pumpkin seeds; walnuts; pine nuts
PANCAKE MIXES	WHOLE-GRAIN* MIXES
Salt	Ms. Dash varieties; sea salt (sparingly)
SALTINE CRACKERS	WHOLE GRAIN* CRACKERS WHOLE GRAIN*; RICE CAKES; HONEY GRAHAMS (WITH WHOLE GRAIN* FLOURS AND NO SUGAR)



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PANTRY ITEMS	HEALTHIER PANTRY ITEMS
Shortening	"Spectrum" Organic Shortening (palm oil); expeller pressed oils (keep refrigerated); olive oil; grape seed oil
Spices and herbs	all varieties sold in glass containers or bulk; avoid any sold in cans
Canned soups	instant cup 0 soups home-made soups
Soy sauce	liquid aminos
WHITE BREAD	WHOLE-GRAIN* BAGELS; WHOLE-GRAIN* BREAD; WHOLE-GRAIN* MUFFINS; WHOLE-GRAIN* PITA BREAD; WHOLE-GRAIN* TORTILLAS
WHITE FLOUR	WHOLE-WHEAT* FLOUR; WHOLE-WHEAT* PASTRY FLOUR; CORNMEAL; SPELT FLOUR; OAT FLOUR; RICE FLOUR; BARLEY FLOUR; BUCKWHEAT;
WHITE PASTA	ARTICHOKE PASTA; VEGETABLE PASTAS; SPELT PASTA; 100% DURUM SEMOLINA PASTA. MAKE SURE THESE PRODUCTS ARE NOT ENRICHED.
WHITE RICE	ARTICHOKE PASTA; VEGETABLE PASTAS; SPELT PASTA; 100% DURUM SEMOLINA PASTA. MAKE SURE THESE PRODUCTS ARE NOT ENRICHED.
WHITE SUGAR ASPARTAME(NUTRASWEET) SACCHARIN SUCRALOSE (SPLENDA) SORBITOL, XYLITOL	RAW, UNFILTERED HONEY; MAPLE SYRUP; BROWN RICE SYRUP; MOLASSES; SUCANAT; APPLESAUCE; STEVIA (Limit these sweeteners if you are on a diabetic or hypoglycemic diet with the exception of Stevia) (Stevia is preferred for Diabetics and Hypoglycemics)
REFRIGERATOR ITEMS	
Cheese	Goat's milk cheese or sheep's milk cheese (Feta, Romano, Cheddar, Chevre) sparingly
Eggs	Farm fresh, from grain fed chickens
FRUITS	FRESH OR FROZEN; ORGANIC, IF POSSIBLE; ALL VERIETIES only 1 for diabetic, borderline diabetic and hypoglycemic



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PANTRY ITEMS	HEALTHIER PANTRY ITEMS
Margarine & butter	Olive oil; sesame oil; grapeseed oil or other vegetable oil (avoid canola oil)
Meat	Organic meats (no steroid, hormones, antibiotics used)
Milk	Oat milk; rice milk; almond milk; cashew cream; raw goat's milk (from a clean source)  Most people prefer almond milk and/or oat milk
Sauces and condiments	Natural ketchup (sugar free)  Safflower mayonnaise  Preservative-free salad dressings with no hydrogenated fats; preservative and sugar free mustards; low sodium salsa's; FRUIT ONLY JAMS AND JELLIES
Vegetables	Fresh or frozen; organic, if possible; all varieties

## BRANDS WE USE

Brands you can feel safe with;

Amy's: [www.amys.com](http://www.amys.com)

Glutino: [www.glutino.com](http://www.glutino.com)

Bob's Red Mill: [www.bobsredmill.com](http://www.bobsredmill.com)

Walnut Acres: [www.walnutacres.com](http://www.walnutacres.com)

Arrowhead Mills: [www.arrowheadmills.com](http://www.arrowheadmills.com)

Cascadian Farms: [www.cfarm.com](http://www.cfarm.com)

Enjoy Life Foods (wheat and gluten free cookies, bagels, bars & more) [www.enjoylifefoods.com](http://www.enjoylifefoods.com)  
or 888-50-enjoy)

Muir Glen: [www.muirglen.com](http://www.muirglen.com)

udi's: [www.udisglutenfree.com](http://www.udisglutenfree.com)



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It is so important to read labels. I encourage you to read the label on any product on this list before buying it. Companies change in ingredients in their products.

Product Type	Name Brand	Product Name	Preservative Free	Gluten Free	Sugar Free	Store Name
Baking mixes	Hogson Mill	Pancake		x		P W
Baking mixes	Glutino	Pancake		x		W
Baking powder	Rumford	Aluminum free	x	x	x	
Beans	Greenwise	Kidney, garbanzo, black beans, pinto	x	x	x	P
Beans	Dried beans	varies	x	x	x	P
Beans	West brae natural	"organic"	x		x	P
Beans	Amy's	varies				P
Bread	Udi's			x		P
Bread	Rudi's			x		P
Bread	Ezekiel					P
Butter	Canyon Creek Farms		x			P
Butter	Organic Valley		x			P
Butter	Kerry gold	butter	x		x	W-diary
Cereal	Alpen				x	P
Cereal	Kashi	Pilaf ( non GMO)			x	P
Cereal	Baker's on Main street			x		P W
Cereal	Ezekiel				X	P
Cereal	Mona's		x		x	P
Cereal	Cascadian Farms					P



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Product Type	Name Brand	Product Name	Preservative Free	Gluten Free	Sugar Free	Store Name
Cereal	Udi			x		P W
Cereal	General Mills	Chex		x		P W
Cereal	Uncle Sam	varies	x	x	x	W
Cereal	Erewhon	Brown rice cereal	x	x	x	W
Chips	Rice Works	Rice Chips		x	x	P W
Chips	Lundberg	Rice Chips		x	x	P W
Chips	Mediterranean	Lentil chips		x		P
Chips	Xochitl	Corn chips	x	x	x	P WD
Chips	glutino	Chips		x		W
Chips	glutino	pretzels		x		P W
Coffee Sub	Pero, cafix, Roma					P
Condiment	Buddies	Pickles dill	x	x	x	P
Condiment	Buddies	Sauerkraut	x	x	x	P
Condiment	Lindsay Naturals	olives	x	x	x	P W
Condiment	Bragg's	ACV	x	x	x	P
Condiment	varies	Extra virgin olive oil- 1 <sup>st</sup> cold press				P W
Condiment	veganise	Mayonnaise				P
Condiment	Ojai Cook	Lemonaise	x	x	x	P
Condiment	Louisiana	hot sauce	x	x	x	P
Condiment	Greenwise	Organic Ketchup	x	x	x	P
Condiment	Heinz	Organic Ketchup				W
Condiment	Greenwise	Organic Mustard	x	x	x	





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Product Type	Name Brand	Product Name	Preservative Free	Gluten Free	Sugar Free	Store Name
Condiment	Braggs	Vinegar with Mother	x	x	x	P
Condiment	Heinz	Vinegar with Mother	x	x	x	W
Condiment	Lemonaise					
Crackers	Kame	Rice cracker	x	x	x	P
Crackers	Matzos	100% whole wheat	x		x	P
Crackers	Mary's gone Crackers	Varies crackers	x	x	x	P
Crackers	Vann's	Varies crackers		x		W
Drinks	Marinellis	Unfiltered apple juice	x	x	x	P
Drinks	*Zevia	Zero calorie soda	X	X	X	P
Drinks	Lakewood	Unfiltered cranberry	x	x	x	P
Drinks	Lakewood	Unfiltered tart cheery	x	x	x	P
Flour	Hodgson Mill	varies	x	some	x	P
Flour	Bob's Red Mill	varies	x	some	x	P
Flour	Arrowhead	varies	x	some	x	P
Fruit	Dole	Pineapple	x	x	x	P W
Fruit	Publix	pear	x	x	x	P
Hot Cereal	Bob's Red Mill	Mighty tasty hot cereal	x	x	x	P W
Hot Cereal	Hodgson Mill	Buckwheat hot cereal	x	x	x	W
Jelly	Polaner	All fruits jelly			x	P W
Jelly	Smucker	Simply Fruit				W
Marinara/ Spaghetti sauce	Walnut Acres	Marinara & herbs	x	x	x	P
Marinara/ Spaghetti sauce	Publix Premium	Pasta sauce	x	x	x	P



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Product Type	Name Brand	Product Name	Preservative Free	Gluten Free	Sugar Free	Store Name
Marinara/ Spaghetti sauce	Muir Glen Organic	Pasta sauce	x	x	x	W
Meat	Royal Red	Wild sockeye Salmon	x	x	x	P
Meat	Black Top	Pink Salmon	x	x	x	W
Meat	Crown Prince	Caught in the Wild	x	x	x	P
Meat	Grass fed Beef	Meat department	x	x	x	P
Meat	Buffalo Meat	Meat department	x	x	x	P
Meat	Aidell's	Chicken Meatballs	x	x		P meat
meat Lunch	Boar's head	"all natural"	x	x		P-Deli
Milk	Rice Dream, almond silk	Note: look for ones without Carageenan				P W
Nut Butters	MaraNatha	Cashew butter	x	x	x	W
Nut Butters	Smuckers	Organic peanut butter	x	x	x	P W
Nut Butters	Laura Scudders	Organic peanut butter	x	x	x	W
Oatmeal	Greenwise	Original instant oatmeal	x		x	P
Oatmeal	McCann's	Quick cooking Irish	x		x	P
Pizza	Glutino			x		P
Pizza	Udi's			x		P
Pizza	Amy's					P W Frozen
Quinoa	Arrow Head	Organic quinoa	x	x	x	P
Rice & Couscous	Bob's Red Mill	Brown or Wild Rice	x	x	x	
Rice & Couscous	Lundberg	Brown Rice	x	x	X	
Salsa	Green mountain	Gringo Salsa	x	x	x	P
Salsa	Paul Newman					W



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Product Type	Name Brand	Product Name	Preservative Free	Gluten Free	Sugar Free	Store Name
Sauce/Dips	San-J	Tamari Soy sauce	x	x	x	P
Sauce/Dips	Eden Organic	Tamari Soy Sauce	x	x	x	P
Skin care/cosmetic	Tom's	Deodorant	Aluminum free			P
Skin care/cosmetic	Jason	Deodorant				
Snacks		Brown Rice cakes		x	x	P
Snacks	Kind	Nut bars		x		P
Snacks	Cascadian	varies				W
Soup stock	Amy's Soup	Varies	x	some	x	P
Soup stock	Imagine	Organic Chick broth	x	x	x	P
Soup stock	Kitchen Basics		x	x	x	P
Spices	Simply Organic	varies				P
Spices	Badia Organic	varies				P
Spices	McCormick		No MSG			P
Spices	Arora Creations		x		x	P
Sweeteners/sugar	Stevia					P W
Sweeteners/sugar	Truvia					P W
Sweeteners/sugar	Organic Florida Crystal					P W
Tomato Paste	Publix	Tomato paste	x	x	x	P
Tomato Paste	Greenwise	Tomato whole-paste		x	x	P
Tomato Paste	Muir Glen	Tomato paste		x	x	W



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Product Type	Name Brand	Product Name	Preservative Free	Gluten Free	Sugar Free	Store Name
Toothpaste	Nature's gate					P
Toothpaste	Natural Tea Tree Oil & Neem					
Water	Publix	purified				P
Yogurt	Cabot Greek		x	x	x	P
Yogurt	Stonyfield		x	x	x	P W
Yogurt	Chobani		x	x	x	P W
<b>P is Publix, W is Walmart, WD is Winn Dixie</b>						

## WHAT IS GLUTEN?

**Gluten is a protein found naturally in foods.**

Gluten can be found in numerous products. You must read labels and look for "gluten-free" on the product. Do not trust that you will be able to read the ingredients and determine if it is gluten free.

Below is a partial list of foods that could contain gluten:

- |   |  |
|---|--|
| Bread, including muffins, pancakes, waffles, etc. (white, wheat, rye, barley, spelt, kamut) | Packaged foods (even those labeled "wheat-free" could still have gluten) |
| Breading  | Pasta  |
| Cereal  | Pretzels   |
| Cakes, cookies  | Seasonings   |
| Crackers  | Soups  |
| Dips  | Soy Sauce  |
| Dressings   | Packaged foods (even those labeled "wheat-free" could still have gluten) |

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In some people, gluten can cause inflammation, which can cause autoimmune diseases such as:

Arthritis  
Fibromyalgia  
Hashimoto's disease  
Irritable Bowel Syndrome  
Psoriasis  
Thyroid disease

In some people, gluten can also cause

respiratory distress (including asthma)	gastrointestinal distress (including diarrhea, constipation)
skin disorders (including eczema),	gas, bloating, reflux)
weight gain or weight loss	infertility
insomnia	fatigue and headaches (including migraines)

Gluten must be completely avoided for 3 months before any change in symptoms may be felt.

