

Eating right for a healthier heart

Eating fewer high-fat, high-cholesterol foods and watching calories are important steps to a healthier diet and a healthier heart.

Guidelines for a healthy diet

With your doctor, determine the number of calories you need each day to achieve or maintain a desirable weight.

Eat less high-fat food (especially those high in saturated fat).

Replace part of the saturated fat in your diet with unsaturated fat.

Less than 30% of your total daily

calories should come from fat (less than 10% of your calories should come from saturated fat; no more than 10% of your calories should come from polyunsaturated fat; 10% to 15% of your calories should come from monounsaturated fat).

Control your daily cholesterol intake—eat less than 300 mg a day.

Choose foods high in complex carbohydrates (starch and fiber).

If you drink alcohol, do so in moderation.

Saturated fat is fat from animal and whole milk dairy products, as well as from some oils (for example, red meat, butter, cream, cheese, and palm oil).

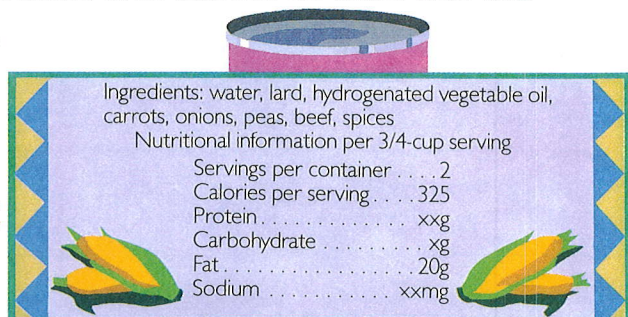
Unsaturated fat is a type of fat that is usually a liquid and is not as bad for you as saturated fat.

Monounsaturated fat and polyunsaturated fat are two kinds of unsaturated fat.

Monounsaturated fat is a slightly unsaturated fat found in foods from plants, including olive and canola (rapeseed) oils.

Polyunsaturated fat is a highly unsaturated fat found in foods from plants, including safflower, sunflower, corn, and soybean oils.

Read the labels to find the fat



Ingredients: water, lard, hydrogenated vegetable oil, carrots, onions, peas, beef, spices

Nutritional information per 3/4-cup serving

Servings per container	2
Calories per serving	325
Protein	xxg
Carbohydrate	xg
Fat	20g
Sodium	xxmg

Ask yourself these questions to help choose products that are low in fat, especially products that are low in saturated fat.

1. Is fat a major ingredient?

On the label, all ingredients are listed by weight. The ingredient in the greatest amount is listed first. The ingredient in the least amount is listed last. To avoid too much fat and cholesterol, go easy on products that list any ingredient high in saturated fat or cholesterol first.

On this product, lard and hydrogenated fat are listed early in the ingredients; therefore, this is a high-fat product.

2. Is there more than one type of fat in the product?

When you see several high-fat ingredients on a label (such as lard, hydrogenated vegetable oil, and beef), the product probably has too much fat.

3. Is the serving size appropriate?

This label says there are two 3/4-cup servings in this can—a serving that may be less than what you would usually eat. When you are figuring out how much fat there is in something, make sure to use a serving size that is close to what you would really eat.

1 gram fat = 9 calories
If a serving has 5 grams of fat,
then:
 $5 \times 9 = 45$ calories from fat

If the total calories of the serving are 100, then:
 $45/100 = 45\%$ of calories from fat

Eating out

Be just as careful when you dine out as you are when you make your own meals!

Salad Bread



Use light corn oil and vinegar dressings
Use margarine instead of butter if desired

Chicken

Eat broiled or grilled chicken; remove its skin before eating

Steak

Ask the chef to trim off any excess fat before cooking

Hamburger



Avoid cheese or mayonnaise toppings—add tomato or lettuce instead

Fish

Select broiled or poached fillets

Pasta



Use marinara, clam, or tomato sauce without meat or sausage (avoid cream sauce)

Pizza

Choose vegetable toppings instead of cheese or meat toppings

Baked potato

Avoid toppings such as butter or sour cream

Vegetables



Eat plenty of these, but without any heavy sauces

Dessert

Sherbet and fresh fruit are excellent choices

Coffee, tea

Use skim milk or nondairy, nonfat creamer

Choose your low-cholesterol, heart-healthy diet

To get the nutrients you need, you have to eat a variety of foods. One way to do this is to choose foods from the different food groups. After determining your dietary goals with your doctor, adjust the number and size of portions to reach and stay at your desired weight.

	Choose	Go Easy	Avoid
Meat, poultry, fish, and shellfish (up to 6 ounces/day)	Lean cuts of meat with fat trimmed, chicken and turkey without skin, fish, shellfish		"Prime"-grade fatty cuts of meat, goose, duck, liver, kidneys, sausage, bacon, regular luncheon meats, hot dogs
Dairy products (2 servings/day; 3 for pregnant or breastfeeding women)	Skim milk, 1% milk, low-fat buttermilk, low-fat evaporated or nonfat milk, low-fat yogurt, cottage cheese, cheeses labeled "no more than 2 to 6 grams of fat per ounce"	2% milk, yogurt, part-skim ricotta, part-skim or imitation hard cheeses (like part-skim mozzarella), "lite" cream cheese, "lite" sour cream	Whole milk, cream, half and half, imitation milk products, whipped cream, custard-style yogurt, whole-milk ricotta, hard cheeses (like Swiss, American, cheddar, muenster), cream cheese, sour cream
Eggs	Egg whites, cholesterol-free egg substitutes	Egg yolks (no more than 3/week)	
Fats and oils (up to 6 to 8 teaspoons/day)	Corn, olive, peanut, canola (rapeseed), safflower, sesame, and soybean oils, tub (not stick) margarine	Nuts, seeds, avocados, olives	Butter, lard, bacon fat, coconut and palm kernel oils
Breads, cereals, pasta, rice, dried peas, and beans (6 to 11 servings/day)	Most breads, bagels, English muffins, rice cakes, low-fat crackers (like matzo, bread sticks, rye krisps, saltines); hot and cold cereals; spaghetti, macaroni, noodles, and any grain rice; dried peas and beans	Store-bought pancakes, waffles, biscuits, muffins, and cornbread	Croissants, sweet rolls, danish, doughnuts, and crackers made with saturated oils; granola-type cereals made with saturated oil, egg noodles, pasta, and rice prepared with cream, butter, or cheese sauces
Fruits and vegetables (2 to 4 servings of fruit/day; 3 to 5 servings of vegetables/day)	Fresh, frozen, canned, or dried fruits		Vegetables prepared in butter, cream, or sauce
Snacks (avoid too many sweets)	Sherbet, sorbet, Italian ice, frozen yogurt, popsicles, angel food cake, fig bars, gingersnaps, low-fat jelly beans and hard candy, plain popcorn, pretzels, fruit juices, tea, coffee	Ice milk, fruit crisps and cobblers, homemade cakes, cookies, and pies prepared with unsaturated oils	Ice cream, frozen tofu, candy, chocolate, potato chips, buttered popcorn, milkshakes, frappes, floats, eggnog, store-bought pies, most store-bought frosted and pound cakes



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Eating fewer high-fat, high-cholesterol foods and watching calories are important steps to a healthier diet and a healthier heart.

Guidelines for a healthy diet

With your doctor, determine the number of calories you need each day to achieve or maintain a healthy body weight.

- Eat fewer high-fat foods
- Keep fat intake to $\leq 30\%$ of your total daily calories
- Replace some saturated fat with unsaturated fat (limit saturated fat to 8%-10% of total daily calories)
- Lower cholesterol intake to less than 300 mg per day
- Choose foods high in starch and fiber
- If you drink alcohol, do so in moderation

Read the labels to find the fat

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Amount/Serving	
Total Fat	5g
Sat. Fat	1g
Cholest.	27mg

To choose low-fat products, ask yourself:

1. **Is fat a major ingredient?** Read food labels. To avoid too much fat or cholesterol, go easy on products that list any ingredient high in saturated fat or cholesterol first (eg, oils, lard, cheese).
2. **Is there more than one type of fat in the product?** When you see several high-fat ingredients on a label, the product could have too much fat.
3. **Is the serving size appropriate?** When you are figuring out the fat in a food, make sure you use a serving size that is close to what you would really eat—which could be more than the label says.

Eating out

Be just as careful when you dine out as you are when you make your own meals!

Salad	Use vegetable oil and vinegar dressings	Pasta	Use marinara, clam, or tomato sauce without meat or sausage (avoid cream sauces)
Bread	Use margarine instead of butter if desired	Pizza	Choose vegetable toppings instead of cheese or meat toppings
Chicken	Eat broiled or grilled chicken, remove the skin before eating	Baked potato	Avoid toppings such as butter or sour cream
Steak	Ask the chef to trim off excess fat before cooking	Vegetables	Eat plenty of these, but without heavy sauces
Hamburger	Avoid cheese or mayonnaise toppings—add tomato or lettuce instead	Dessert	Low-fat frozen yogurt and fresh fruit are excellent choices
Fish	Select broiled or poached fillets	Coffee, tea	Use skim milk or nondairy, nonfat creamer

Please see accompanying full prescribing information on last page.

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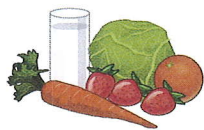
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EATING RIGHT FOR A HEALTHIER HEART



Choose your low-cholesterol, heart-healthy diet

To get the nutrients you need, you have to eat a variety of foods from the different food groups. After determining your dietary goals with your doctor, adjust the number and size of portions to reach and stay at your healthy body weight.



	Choose	Go Easy	Avoid
Meat, poultry, fish, and beans (up to 6 ounces/day)	Lean cuts of meat with fat trimmed, chicken and turkey without skin, fish, dried peas and beans	Shellfish	Prime-grade, fatty cuts of meat, goose, duck, liver, kidneys, sausage, bacon, regular luncheon meats, hot dogs
Dairy products (3 cups/day)	Skim milk, 1% fat milk, low-fat buttermilk, evaporated skim milk, low-fat yogurt, low-fat cottage cheese, cheeses with no more than 3 grams of fat per ounce	2% fat milk, yogurt, part-skim ricotta, part-skim or imitation hard cheeses (eg, part-skim milk mozzarella), "lite" cream cheese, "lite" sour cream	Whole milk, cream, half-and-half, imitation milk products, whipped cream, custard-style yogurt, whole-milk ricotta, hard cheeses (eg, Swiss, American, cheddar, Muenster), cream cheese, sour cream
Eggs	Egg whites, cholesterol-free egg substitute	Egg yolks (3-4/week)	
Fats and oils (approximately 6 teaspoons/day)	Corn, olive, canola, safflower, sesame, soybean, and sunflower oils; margarine that has liquid vegetable oil as the first listed ingredient and <2 grams of saturated fat per serving	Nuts, seeds, avocados, olives, peanut oil	Saturated fat, butter, lard, bacon fat, coconut, palm, and palm kernel oils
Grains (6 ounce equivalents/day, with 3 or more ounce equivalents from whole grain products)	Most breads, water bagels, English muffins, rice cakes, low-fat crackers (eg, matzo, bread sticks, rye crisps, saltines), hot and cold cereals, spaghetti, macaroni, noodles, any grain rice, plain baked potato	Store-bought pancakes, waffles, biscuits, muffins, cornbread	Croissants, sweet rolls, Danish, doughnuts, and crackers made with saturated oils; granola-type cereals made with saturated oils; egg noodles, pasta, and rice prepared with cream, butter, or cheese sauces; scalloped potatoes
Fruits and vegetables (9 servings/day)	Fresh, frozen, or dried fruits; canned fruits (watch sodium content)	Canned fruit in heavy syrup	Coconut; vegetables prepared in butter, cream, or sauce
Snacks (in very limited amounts)	Sorbet, Italian ice, low-fat frozen yogurt, popsicles, angel food cake, fig bars, gingersnaps, low-fat jelly beans and hard candy, plain popcorn, pretzels, fruit juices, tea, coffee	Ice milk, fruit crisps and cobblers, homemade cakes, cookies, and pies prepared with unsaturated oils	Ice cream, frozen tofu, candy, chocolate, potato chips, buttered popcorn, milkshakes, frappés, floats, eggnog, store-bought pies, most store-bought frosted and pound cakes