

CHOLESTEROL LOWERING PROTOCOL

CHOLESTEROL LOWERING DIET

FATS

- 1) No more than 30% of your daily diet should come from fats each day.
- 2) Avoid the following foods that are high in saturated fats:
 - MEATS: 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.
 - DAIRY: cheese, yogurt, whole milk, sour cream, ice cream, butter, cream.
 - PASTERIES: white flour products, doughnuts, crackers, cookies, cakes, pies.
 - FATS: any food made with hydrogenated or partially hydrogenated vegetable oil (read labels), palm kernel oil, palm oil, margarine.
 - SNACKS: chocolate, processed nuts and seeds, potato or corn chips, French fries.
- 3) Choose:
 - FATS: 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.
 - DAIRY: 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.
 - MEATS: 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).
 - MISC: almonds, walnuts and macadamia nuts (use sparingly), almond or natural peanut butter (limit to 2 Tbsp. per day)

CARBOHYDRATES

- 4) Avoid: 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.
- 5) Choose: 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).

MISCELLANEOUS

- 6) Avoid foods that have a glycemic index greater than 70 (see chart), stimulants (coffee, tea, chocolate, sugar, artificial sweeteners).
- 7) Try to get 25-35 grams of fiber per day from your food. If you need to add extra try “Benefiber”, “Fiber Delights”, “Metamucil”, (make sure they don’t have added sugar or artificial sweeteners.)

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CHOLESTEROL LOWING PROTOCOL (cont)

SUPPLEMENTS THAT CONTROL CHOLESTEROL

- 1) Fiber: We need 25-35 grams per day. Start low and build. Fiber products such as Metamucil, Fiber Delights etc. are good as long as they don't contain sugar or artificial sweeteners.
- 2) Antioxidant Vitamins:
 - a) Vitamin E in the natural d-alpha-tocopherol or mixed tocopherol form, at least 400 IU/day.
 - b) Vitamin C, at least 1000 mg/day.
 - c) Coenzyme Q-10, especially if on cholesterol lowering medicine, 100-200 mg/day.
 - d) Grapeseed and /or pine bark extract.
 - e) Selenium
 - f) Alpha-lipoic acid.
- 3) Oils:
 - a) Flaxseed oil, 1-2 Tablespoons daily. Continue indefinitely.
 - b) Fish oil (EPA/DHA), 3000 mg/day
- 4) Inositol hexaniacinate (non-flushing niacin), 500 mg 3 times/day with meals.
- 5) Garlic: Odorless, 5000mcg of allicin per tablet, continue indefinitely.
- 6) Guqlipid, if can't tolerate inositol hexaniacinate (extract from the mukul myrrh tree), 500mg 3 times/day.
- 7) 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.
- 8) Policosanol (an extract of Cuban sugar cane), 10-15 mg/day.
- 9) Beta glucan (cellulose extract from the seed coat of oats), 50-150 mg/day.

CHOLESTEROL LOWING PROTOCOL (cont)

BRANDS WE USE

| 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 |
| 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 st cold press | | | | P W |
| Condiment | veganise | Mayonnaise | | | | P |

CHOLESTEROL LOWING PROTOCOL (cont)

| Product Type | Name Brand | Product Name | Preservative Free | Gluten Free | Sugar Free | Store Name |
|---------------------------|-------------------------|--|-------------------|-------------|------------|------------|
| 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 | |
| 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 | | | | | 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 |
| 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 |

CHOLESTEROL LOWING PROTOCOL (cont)

| Product Type | Name Brand | Product Name | Preservative Free | Gluten Free | Sugar Free | Store Name |
|--------------------|-----------------------------|--------------------------|-------------------|-------------|------------|------------|
| 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 |
| 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 |
| Toothpaste | Nature's gate | | | | | P |
| Toothpaste | Natural Tea Tree Oil & Neem | | | | | |
| Water | Publix | purified | | | | P |
| | | | | | | |
| | | | | | | |

CHOLESTEROL LOWING PROTOCOL (cont)

| Product Type | Name Brand | Product Name | Preservative Free | Gluten Free | Sugar Free | Store Name |
|--------------|-------------|--------------|-------------------|-------------|------------|------------|
| Yogurt | Cabot Greek | | x | x | x | P |
| Yogurt | Stonyfield | | x | x | x | P W |
| Yogurt | Chobani | | x | x | x | P W |

P is Publix, W is Walmart, WD is Winn Dixie – I did not go to Winn Dixie so they might carry many more of these items.

Brands you can feel safe with; Amy’s: www.amys.com; Glutino: www.glutino.com; Bob’s Red Mill: www.bobsredmill.com, Walnut Acres: www.walnutacres.com, Arrowhead Mills: www.arrowheadmills.com ,

Cascadian Farms: www.cfarm.com, Enjoy Life Foods (wheat and gluten free cookies, bagels, bars & more) www.enjoylifefoods.com or 888-50-enjoy) , Muir Glen: www.muirglen.com, udi’s: www.udisglutenfree.com

on line store: www.vitacost.com

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.

Many of the restaurants have gluten free menus ...Just ask your server!

Pantry Conversions

CHOLESTEROL LOWING PROTOCOL (cont)

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.**

| <i><u>Pantry Items</u></i> | <i><u>Healthier Pantry Choices</u></i> |
|----------------------------|--|
| 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) |
| 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 O 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 |

CHOLESTEROL LOWING PROTOCOL (cont)

| <u><i>Pantry Items</i></u> | <u><i>Healthier Pantry Choices</i></u> |
|---|---|
| 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) |
| <u>REFRIGERATOR ITEMS</u> | |
| 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 VARIETIES only 1 for diabetic, borderline diabetic and hypoglycemic |
| Margarine & butter | Olive oil; sesame oil; grape seed 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 |