



CHOLESTEROL
MANAGEMENT PROGRAM

WEEK ONE PROGRAM MANUAL

CONTACT US:

 www.willclower.com
 info@willclower.com
 800.977.6337



Mediterranean
wellness



Dietary Guidelines

The New Dietary Guidelines and Cholesterol Control Recommendations

United States law requires the *Dietary Guidelines* be updated every 5 years. When the *Dietary Guidelines* are revised, new scientific data is reviewed and that is used for altering the recommendations.

The most recent edition of these guidelines ([found here](#)) are from 2015 and this website provides a detailed explanation of them. This program manual provides resources to make it personal and attainable in your everyday life.

One thing we would suggest is to choose to consume dairy as they do in the Mediterranean diet:

- Choose products that are the least processed (no reduced-fat versions). Reduce fat simply by having smaller portions. In the end if you are controlling the portions of the amount consumed, this is controlling your overall fat consumption.

With any foods that contain saturated fat and cholesterol, having lower quantity of higher quality choices does truly help. Use the week 2 section of this program manual for strategies to help with controlling consumption.

Ingredients to Avoid

**The goal is to eliminate as many of these additives from your diet as possible. If they sneak into the diet every once in a while, that is okay. But the more they are eliminated on a regular basis, the better it is for our health and weight.*

Acids

Phosphoric acid
Sorbic acids

Colors

Blue 2
Green 2
Orange B
Yellow 5
Yellow 5 lake
Yellow 6
Yellow 6 lake
Red 3
Red 40
Red 40 lake
Caramel color

Gums

**Note: Current research is indicating that these gums may be safe for human consumption. However, until more research is done it is best to limit them as much as possible.*

Cellulose gum
Xanthan gum
Guar gum
Locust bean gum

Oils

Partially hydrogenated oil
Fully hydrogenated oil

Preservatives

BHA
BHT
Calcium di-sodium
EDTA

Sugars and Artificial

Sweeteners

Acesulfame-K
Sucrolose
Saccharin
Sorbitol
Aspartame
Corn syrup solids
Fructose
High fructose corn
syrup
Maltodextrin

Various Metal

Compounds

Aluminum phosphate
Titanium di-oxide
Zinc oxide
Magnesium oxide
Sulfur dioxide
Di-potassium
phosphate
Calcium silicate

Other

Sodium caseinate
Sodium stearoyl
lactylate

Sodium nitrate
Sodium nitrite
Polysorbate 60
Sodium benzoate
Mono- and di-glycerides
Potassium sorbate
Artificial flavoring
Sodium benzoate
Calcium phosphate
Artificial flavor
Palmitate
Sodium
hexametaphosphate
Artificial margarine
flavoring
Sorbitan monosterate
Monosodium
glutamate
Alum
Glutanen
Monocalcium
phosphate
Ethoxylated mono- and
di-glycerides
Datenin
Sodium steryl lactylate
Calcium propionate
Di-sodium inosinate
Di-sodium guanylate
Sodium sulfite
Propyl gallate
TBHQ
Hydrolyzed soy and corn
protein
Autolyzed yeast extract



Hidden Sugars

- Always read your food labels and, as much as possible, try to limit foods that contain added sugars.
- What does additive sugar have to do with cholesterol levels? The most recent nutrition research shows that it can indirectly lead to an increase in LDL (BAD) cholesterol.
- Sugar is present so many processed foods. Use the chart below to help you determine where sugars may be hiding out.

Names for Added Sugars that Appear on Labels

Brown sugar	Invert sugar
Corn sweetener	Lactose
Corn syrup	Maltose
Dextrose	Malt syrup
Fructose	Molasses
Fruit juice concentrates	Raw sugar
Glucose	Sucrose
High-fructose corn syrup	Sugar
Honey	Syrup



Fiber is Our Friend

Fiber is found in many different types of foods. Beans, whole grains, fruit, veggies and nuts all contain various amounts of fiber. And soluble fiber, specifically, is a super form of fiber as it can specifically aid in lowering cholesterol. Here are a list of foods that are rich in soluble fiber:

Examples of Foods that Contain Soluble Fiber?

- Oatmeal
- Oat bran
- Barley
- Avocado
- Broccoli
- Brussels sprouts
- Carrots
- Collard Greens
- Beans
- Apricots
- Strawberries
- Blueberries
- Figs
- Prunes
- Apples
- Seeds
- Pears
- Papaya
- Pineapple
- Parsnips
- Nuts
- Nut butter
- Sweet potatoes
- Flax seed



Figuring Out the Fats

When incorporating fats in our diet, choose fats from these food sources more than not:

Examples of Foods that Contain Monounsaturated Fat?

- Olives
- Olive oil
- Nuts
- Nut oils
- Avocados
- Nut butters

Examples of Foods that Contain Omega-3 Fatty Acids?

- Flaxseed
- Brazil Nuts
- Wheat germ
- Herring
- Salmon
- Walnuts
- Tuna
- Halibut
- Squash
- Mackerel
- Pine nuts



Recipes

Asian Style Salad Dressing

You'll Need

- ¼ cup soy sauce
- 5 tablespoons water
- 2 teaspoons white sugar
- ¼ cup white vinegar
- 2 tablespoons sesame oil

Directions

- Mix all the ingredients together.

Tip

Place ingredients in an empty jar, make sure lid is sealed and then shake away until mixture is emulsified.

Balsamic Vinaigrette Salad Dressing

You'll Need

- 3 tablespoons Olive Oil
- 1 tablespoon Balsamic Vinegar
- Brown mustard to reach a consistency you like
- Honey (optional)

Directions

- Mix all the ingredients together. This is your base. Now if you wish add a tad bit of honey.

Play with Your Food

- Add herbs or spices (oregano, garlic, cayenne, etc.)
- Try a flavored balsamic vinegar.

Tip

Make a larger quantity and store in the refrigerator. Take out and let come to room temperature and mix before using.

Greek Style Salad Dressing

You'll Need

- ¼ cup extra virgin olive oil
- 3 Tablespoons red wine vinegar
- 1 teaspoon dried oregano
- Salt to taste

Directions

- Mix all the ingredients together.

Tip

Salad dressing is a great gift idea. Think of placing it in a unique bottle or pick any bottle and decorate it. This is a great way to get kids involved in making gifts too!

Black Bean Salsa

You'll Need

- 1, 14.5 ounce can black beans, drained (or use black beans that have been cooked from the dried state)
- 1, 14.5 ounce can corn drained (or use fresh corn)
- 1, 12 ounce jar salsa
- ¼ cup cilantro, chopped
- 1 ½ tablespoon fresh lime juice

Directions

- Mix all of the above together and use this as your base.
- Serve on top of a salad, or baked potato. Or serve, in a wrap, or in a taco shell. Or serve as dip with some corn chips.

Play With Your Food

- Add some chopped vegetables or fruit such as bell pepper, carrots, yellow onion, red onion, green onion, avocado, tomato or mango.
- Add some cooked chicken or fish or shrimp.
- Add a chopped chili or jalapeno for a spicy flavor. Or add some chili powder.

Beans and Greens

You'll Need

- 4 large garlic cloves, thinly sliced
- 3 tablespoons extra virgin olive oil
- Pinch red pepper flakes
- 1 can or 1 ½ cups cooked cannellini beans (reserving 1/3 cup liquid)
- 1 ½ pounds of chopped kale
- Salt and pepper to taste

Directions

- In a medium pot, sauté sliced garlic and red pepper flakes in oil on low heat until aroma is released.
- Add the chopped kale and sauté until all kale is completely wilted.
- Next add beans and simmer until they're heated through but still firm.
- Add salt and pepper to taste.
- Serve with a nice piece of bread.

Play With Your Food

- Serve topped with parmesan cheese.
- Serve topped with crumbled hot Italian sausage.
- If you want the dish to be more like a soup add a bit of water or more bean juice.
- Use collard greens instead of kale.