

Appendix 1

CHOLESTEROL DOWN TEN-STEP DAILY CHECKLIST

Day of the week: _____

Remember . . . the more steps you take today, the more potent the LDL cholesterol-lowering effect!

Twice a day

- Plant sterols/stanols**
(Margarine or other phytosterol-containing food at two meals or 3 capsules at two meals)
- Soy protein** (10 grams twice a day)
- Garlic** (1 clove fresh garlic at one meal plus take 1 Kyolic garlic capsule p.m.)
- Psyllium husk** (Metamucil)
(work up to ~3 grams a.m. and 3 grams p.m.)

Once a day

- Oatmeal** (1 bowl with added oat bran)
- Flaxseeds** (2 tablespoons ground)
- Apple** (one)
- Beans, peas, lentils** (½ cup serving)
- Almonds** (handful)
- Walking** (30 minutes, fast)



Plant sterols/stanols: Eat 2–3 grams/day, at two meals, taken mainly in margarine, other food, and/or capsules (Cholest-Off).

Soy protein: Eat 20–25 grams per day; aim for at least two servings of soy products per day.

Garlic: Eat 1 clove of fresh garlic and take 1 Kyolic One Per Day 1,000 mg capsule daily.

Metamucil: Eat 3–10 grams psyllium (either 6–18 capsules or 1–2 tablespoons powder) per day.

Oatmeal: Eat 1 cup of oatmeal or barley per day (3 grams of beta-glucan).

Flaxseeds: Eat 1–2 tablespoons of ground flaxseeds every day.

Apple: Eat one apple every day.

Beans: Eat a half a cup of some type of beans, peas, or lentils every day.

Almonds: Eat 1–1½ ounces of almonds or walnuts every day or 2–3 tablespoons of almond butter.

Walking: Walk 30 minutes every day (preferably at a fast pace).