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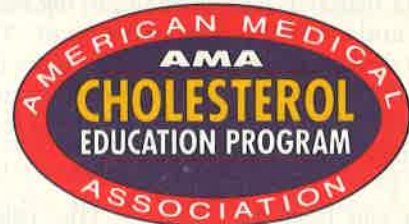


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The American Medical Association does not endorse specific products.




WHAT YOU SHOULD KNOW ABOUT HIGH BLOOD CHOLESTEROL



Funded by Fleischmann's® Margarine and Egg Beaters®
Sponsors of the American Medical Association's Cholesterol Education Program.

A MESSAGE FROM THE AMERICAN MEDICAL ASSOCIATION

The AMA's CHOLESTEROL EDUCATION PROGRAM continues to provide physicians with the educational tools needed to help patients lower their cholesterol levels. The program embodies the Association's commitment to developing public health programs which encourage patients to live healthier lifestyles. We invite you to participate in this campaign, and we wish you the best of health always.


James S. Todd, M.D.
Executive Vice President
American Medical Association

BLOOD CHOLESTEROL AND CORONARY HEART DISEASE

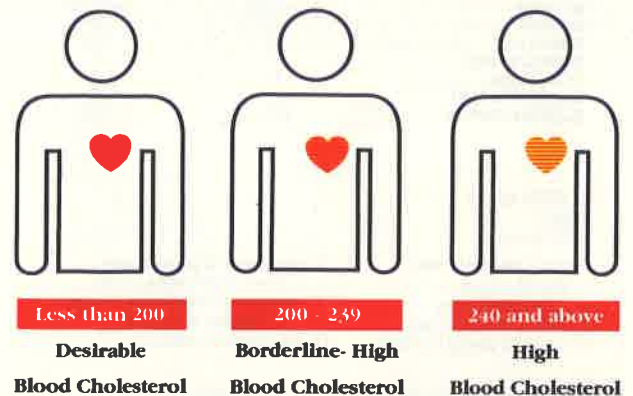
It's risky business — Research shows that a high blood cholesterol level is a major risk factor for the development of atherosclerosis and coronary heart disease. And, the higher the blood cholesterol level, the greater the risk of developing these problems. That's because over time, cholesterol, fat and other materials can build up on the walls of the arteries and cut blood flow to the heart. The result — Heart disease. It is estimated that more than half of all adults in the United States have elevated blood cholesterol levels and, as a result, an increased risk of coronary heart disease.

But you can beat the odds — This risk can be reduced by making changes that help lower blood cholesterol. Studies show that for each 1% decrease in the total blood cholesterol level, there is an approximate decrease of 2% in the risk of developing a heart attack or dying from coronary heart disease. This relationship holds true up to a point.

DETERMINING BLOOD CHOLESTEROL LEVELS

It is important for adults to know their "cholesterol number." Blood cholesterol levels can be measured with a simple blood test, using either a few drops of blood from a fingerstick or a sample of blood from a vein. Either of these tests often can be done in a physician's office during a routine visit.

The National Cholesterol Education Program (NCEP), sponsored by the National Institutes of Health, has established the following categories for classifying total blood cholesterol levels in relation to the risk of developing heart disease.



The NCEP recommends that individuals with elevated blood cholesterol (values of 200 or greater) seek advice and further evaluation from their physicians. Adults over the age of 20 who have desirable blood cholesterol levels should be re-checked at least every five years.

MAKING A PLAN THAT WORKS

You and your doctor should work together to develop an individualized plan for reducing blood cholesterol to desirable levels. This plan may focus on exercise and lifestyle changes, as well as on a healthful eating program. Dietary changes are an important cornerstone in helping people reduce their blood cholesterol levels. These changes include limiting the intake of fat (especially saturated fat) and dietary cholesterol to recommended levels, eating adequate amounts of foods that are rich in soluble fiber, vitamins and minerals, and modifying the number of calories consumed to achieve or maintain an appropriate body weight.

For those who need additional treatment, drug therapy, along with dietary changes, can lower blood cholesterol levels further.

MAKING A BLUEPRINT FOR HEART HEALTHY EATING

The NCEP recommends that not more than 30% of daily calories come from fat. Since the average American consumes about 36% of total calories from fat, this means trimming some fat from the diet. Other recommendations include reducing intake of saturated fat to no more than 10% of total calories and limiting intake of dietary cholesterol to no more than 300 mg. per day.

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TIPS FOR REDUCING INTAKE OF FAT, SATURATED FAT & CHOLESTEROL

- **Choose fish, skinless poultry, and trimmed, lean cuts of meat. (Limit to 6 oz. cooked each day.)**
- **Be aware of portion size — 3 ounces of cooked meat is about the size of a deck of cards.**
- **Bake, roast, steam or broil foods instead of frying.**
- **Use only small amounts of fat or oil in food preparation.**
- **Select lower-fat dairy products such as nonfat or 1% milk, cheese with less than 5 grams of fat per oz., low-fat or nonfat yogurt, and ice milk — instead of cream, butter, higher-fat cheese, sour cream, and ice cream.**
- **Try egg substitutes or egg whites as an alternative to whole eggs.**
- **Use moderate amounts of unsaturated vegetable oil such as corn, safflower, sunflower, olive, canola, and soybean oils, in place of more saturated fats.**
- **Choose margarines made with unsaturated oil as an alternative to more saturated fats like butter.**
- **Be aware that dietary cholesterol is found only in foods of animal origin. Organ meats (liver, kidney, sweetbreads and brain) and egg yolks are particularly high in cholesterol and should be limited.**
- **Read nutrition labels and choose the products that best suit your personal needs.**

CHOOSING A BALANCED AND VARIED DIET FROM AMONG THE FOUR FOOD GROUPS

Making informed food choices requires a balancing act. While concerns about overconsumption of fat and cholesterol are valid, eliminating any one group of foods from the diet may limit intake of key nutrients. The goal of healthy eating is to choose a wide variety of foods which provide good nutritional value, adequate calories, and appropriate amounts of fat, cholesterol, fiber, sodium, sugar and other essential nutrients. The food group chart suggests nutrient-rich choices in each food group to help meet general dietary guidelines. There's a place in the diet for favorite foods, too. It just takes a little planning. Remember, no one food does it all, it's the total diet over time that is important.

Meat, Poultry, Fish, and Eggs	Dairy	Cereals, Grains, and Legumes	Fruits and Vegetables
<ul style="list-style-type: none"> • Eat up to 6 oz. of cooked meat a day, and no more than 3 or 4 egg yolks a week. (Have egg whites and/or substitutes as an alternative.) • Choose lean cuts like: extra-lean chopped meat or round beef; leg or rib of lamb; pork tenderloin; skinless turkey or chicken; all fresh fish and shellfish. 	<ul style="list-style-type: none"> • Eat at least 2-3 servings a day. • Choose lower-fat varieties like: nonfat milk or 1% milk; low-fat or nonfat yogurt; 1% cottage cheese, farmer cheese, or pot cheese; cheese with less than 5 gm of fat per oz. 	<ul style="list-style-type: none"> • Eat 6 or more servings a day. • Choose whole-grain foods like: breads and bagels (whole-wheat, rye, pumpernickel, corn); whole-grain crackers; hot cereals and most ready-to-eat cereals; pasta; brown rice; barley; buckwheat; beans and peas. 	<ul style="list-style-type: none"> • Eat 2 or more servings of fruit and 3 or more servings of vegetables a day. • Choose fruits like: bananas, berries, cantaloupe, grapefruit, oranges, peaches, pears. • Choose vegetables like: broccoli, cabbage, carrots, cauliflower, kale, spinach, squash, sweet potatoes.

IDENTIFYING OTHER RISK FACTORS

While high blood cholesterol itself plays an important role in the development of coronary heart disease, the National Cholesterol Education Program has identified other risk factors that contribute to this complex condition as well. These include:

- Known heart disease, or blockage of the arteries in the brain or in other parts of the body
- High blood pressure
- Cigarette smoking (currently smoke more than 10 cigarettes per day)
- Family history of coronary heart disease (definite heart attack or sudden death before the age of 55 in a parent, brother, or sister)
- Diabetes
- Severe obesity (more than 30% overweight)
- Being a male: the rates of coronary heart disease are 3 - 4 times higher in men than in women during the middle decades of life and approximately twice as high in the elderly. Therefore, a man who has only one risk factor in addition to high blood cholesterol is considered to have a high risk status, while a woman is not considered at high risk unless she has two other risk factors.
- Low HDL cholesterol level: HDL below 35 mg/dl (confirmed by repeat measurement)

HEART HEALTHY RECIPES

The following recipes are designed to help lower your serum cholesterol, when used as part of a diet low in saturated fat and cholesterol. They've all been tested in our kitchens to make sure you'll find them easy to follow and simply delicious.

Following each recipe, you'll find nutritional information—including calories, sodium, fat, saturated fat and cholesterol content.

CHICKEN BREASTS WITH MUSHROOM WINE SAUCE

Makes 4 servings

- | | |
|---|--|
| 2 tablespoons all-purpose flour | 2 cups thinly sliced fresh mushrooms |
| 1/8 teaspoon ground black pepper | 1/4 cup chopped onion |
| 2 chicken breasts, skinned, boned, and split (about 1 lb. boneless) | 1 cup white wine |
| 2 tablespoons Fleischmann's Unsalted Margarine | 1/4 cup minced parsley |
| | 2 cups hot cooked rice (prepared without added salt) |

Combine flour and pepper; coat chicken breasts with mixture. Shake off and reserve excess flour. Heat margarine in a large skillet over medium heat. Brown chicken on both sides; remove from skillet. Add mushrooms and onion to skillet; saute until tender and golden. Stir in reserved flour; blend in wine. Bring to boil, stirring frequently. Return chicken to skillet with 2 tablespoons parsley. Cover, reduce heat, and simmer for 25 minutes or until chicken is tender. Serve over rice, garnish with remaining parsley.

Fleischmann's Margarine

Nutritional Information per serving	Unsalted Margarine	Regular Margarine
Calories	316	316
Sodium (mg)	80	127
Cholesterol (mg)	66	66
Total fat (gm)	7	7
Saturated fat (gm)	1	1
% Calories from fat	20%	20%

MEDITERRANEAN VEGETABLES

Makes 4 servings

- | | |
|---|--|
| 1 tablespoons Fleischmann's Regular or Unsalted Margarine | 1 bay leaf |
| 1 1/2 cups sliced onions | 1 (16 oz.) can low-sodium tomatoes, coarsely chopped |
| 1 1/2 cups thickly sliced zucchini | 2 cups cubed unpeeled eggplant |
| 1/4 teaspoon thyme leaves | 1 cup green pepper strips |
| | 1/2 teaspoon crushed fresh garlic |
| | dash ground black pepper |

Melt margarine in a large, heavy pan over medium heat. Add onions, green pepper, and garlic. Saute, stirring occasionally, until onions are transparent, about 5 minutes. Mix in tomatoes, eggplant, zucchini, thyme, bay leaf, and pepper. Cover and simmer over medium-low heat, stirring occasionally, until vegetables are tender, about 15 minutes. Remove cover and cook an additional 5 to 10 minutes. Remove bay leaf.

MICROWAVE: In a 3-quart microwave-proof casserole, combine all ingredients except tomatoes; cover. Microwave on HIGH (100% power) for 8 minutes. Stir in tomatoes; cover. Microwave on HIGH for 5 to 7 minutes.

Fleischmann's Margarine

Nutritional Information per serving	Unsalted Margarine	Regular Margarine
Calories	93	93
Sodium (mg)	20	44
Cholesterol (mg)	0	0
Total fat (gm)	3	3
Saturated fat (gm)	1	1
% Calories from fat	29%	29%

LINGUINE PRIMAVERA

Makes 8 servings

- | | |
|--|--|
| 2 cups coarsely chopped broccoli | 1/8 teaspoon ground black pepper |
| 1 cup julienne carrot strips | 1 large tomato, coarsely chopped |
| 1 pound linguine, cooked in unsalted water and drained | 1 teaspoon Italian seasoning |
| 1 clove garlic, crushed | 1 (8 oz.) container Egg Beaters |
| | 2 tablespoons Fleischmann's Unsalted Margarine |

In a large skillet, over medium heat, cook and stir broccoli, carrots, Italian seasoning, garlic, and pepper in margarine for 3 minutes. Add tomato; cook 1 minute more or until vegetables are tender-crisp. Toss with hot linguine and egg substitute. Serve immediately.

MICROWAVE: In a 2-quart microwave-proof casserole, place margarine, broccoli, carrots, Italian seasoning, garlic, and pepper; cover. Microwave on HIGH (100% power) for 4 minutes, stirring after 2 minutes. Add tomatoes; cover. Microwave on HIGH for 2 to 3 minutes, stirring after 1 1/2 minutes. Proceed as above.

Fleischmann's Margarine

Nutritional Information per serving	Unsalted Margarine	Regular Margarine
Calories	271	271
Sodium (mg)	76	100
Cholesterol (mg)	0	0
Total fat (gm)	4	4
Saturated fat (gm)	1	1
% Calories from fat	13%	13%

GLAZED APPLE TART

Makes 10 servings

- | | |
|--|--|
| Single Crust Flaky Pastry (recipe below) | 6 cups (about 3 large), thickly sliced pared baking apples |
| 6 tablespoons sugar | 1 tablespoon Fleischmann's Regular or Unsalted Margarine |
| 1 tablespoon cornstarch | 1/2 cup orange marmalade |
| 1/4 teaspoon ground cinnamon | |

Prepare pastry as directed. Roll out to a 12-inch circle.

Fit into a 9-inch springform pan or pie plate, making edges 3/4-inch high. Mix sugar, cornstarch, cinnamon, and apple slices. Overlap apple slices in a circular pattern in prepared pastry. Dot with margarine. Cover with foil. Bake at 400° F for 45 minutes.

Heat marmalade over low heat just until thin. Uncover tart and drizzle over apples. Continue baking tart, uncovered, 15 minutes longer or until apples are tender. Cool.

Single Crust Flaky Pastry: Cut 1/3 cup margarine into 1 1/4 cups all-purpose flour, until mixture resembles coarse meal. Add 3 to 4 tablespoons ice water, a tablespoon at a time, tossing until moistened. Shape into a ball. Pastry may be chilled until ready to use.

Fleischmann's Margarine

Nutritional Information per serving	Unsalted Margarine	Regular Margarine
Calories	230	230
Sodium (mg)	3	62
Cholesterol (mg)	0	0
Total fat (gm)	7	7
Saturated fat (gm)	1	1
% Calories from fat	27%	27%