

Diet and Exercise in the Management of Hyperlipidemia 2015

Intervention	Comments, examples	Evidence rating
Reduce intake of saturated fats and trans fats	Limit saturated fats to less than 7 percent of calories; eliminate trans fats	C
Increase intake of poly- and monounsaturated fats	Replace saturated fats and trans fats with poly- and monounsaturated fats	C
Increase intake of soluble fiber	3 oz oats per day; psyllium supplement	C
Isocalorically increase consumption of tree nuts	1.5 oz almonds, walnuts, or pecans per day	C
Increase intake of soy protein	1.5 oz soy protein per day; tofu and soy foods to replace meat	C
Limit alcoholic drinks to one or two per day	One drink per day for women; two per day for men	C
Increase intake of plant stanols and sterols	1 oz Promise Activ or Benecol spread per day	C
Increase intake of omega-3 fatty acids from marine sources	6 oz of salmon or tuna twice per week; EPA/DHA supplement on other days	C
Follow a Mediterranean diet	Olive oil is main dietary fat; moderate wine consumption; limited amounts of red meat, dairy products, eggs, and poultry; increased amounts of vegetables, whole grains, fish, and tree nuts	C
Follow the Portfolio Diet	Mainly vegetarian diet with soy and other vegetable proteins, plant sterols, almonds, and soluble fiber	C
Engage in aerobic exercise	At least 120 minutes per week	C