

CHOLESTEROL REDUCING RECIPES

CAREGIVERS



Cholesterol
Reducing Meals

Delicious Recipes to Help Reduce Cholesterol for Your Aging Adult

Seniors with high cholesterol should avoid certain ingredients to protect their heart health. Try these delicious cholesterol-reducing recipes instead.

High cholesterol levels put seniors at greater risk of heart disease and stroke. According to the American Heart Association (heart.org), it's important for seniors to take steps to keep their cholesterol levels under control.

Seniors and their caregivers can reduce cholesterol by eating healthily. There are many cholesterol-reducing recipes that seniors enjoy. Add them to a senior's menu to help protect their heart and health.



A Classic Dinner: Chicken Pot Pie

EatingWell offers many recipes for seniors with high cholesterol. This one's a favorite because it makes 4 individual meals. Freeze 3 for your senior to reheat for meals in the future.

Ingredients

- 4 teaspoons extra-virgin olive oil
- 1 pound boneless, skinless chicken breast, trimmed, cut into ½-inch cubes
- 1 cup sliced shallots
- 1 10- or 12-ounce bag frozen mixed vegetables thawed
- 2 cups reduced-sodium chicken broth
- ¼ cup cornstarch
- ¼ cup reduced-fat sour cream
- 6 sheets 9-by-14-inch phyllo dough, defrosted (follow package directions)
- Cooking spray (olive oil or canola oil)

Directions

1. Preheat oven to 425°F.
2. Cook chicken in a skillet with 2 teaspoons of oil over medium-high heat. Remove chicken after 3 minutes, adding shallots and 2 more teaspoons of oil. Stir over medium heat 3 minutes. Add veggies and seasonings of choice for 3 minutes.
3. Pour in 1¾ cups broth and bring to a boil. Whisk the remaining ¼ cup broth and cornstarch in a small bowl and add to the pan. Boil and cook until thickened.
4. Remove from heat, adding chicken, sour cream, and seasonings of choice.
5. Divide the mixture among four 12-ounce baking dishes.
6. Make 2 stacks of 3 sheets of phyllo each, spraying with oil lightly. Cut the stacks in half and divide, placing one stack over each baking dish.
7. Place the potpies on a baking sheet and bake until the tops are golden and the filling bubbly. Takes 18 to 20 minutes.

(Recipe from [Eating Well](http://EatingWell.com))

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Delicious Dessert: Baked Fruit

Livestrong (livestrong.com) recommends serving fruit as a heart healthy dessert because it is naturally sweet and low in cholesterol. To dress up regular fruit, bake it. For example, try WebMd's baked apple recipe:

Ingredients

- 1 Apple
- 1 Tbsp Softened Butter
- Pinch of Cinnamon
- 1 Tbsp Maple Syrup
- A spoonful of chopped pecans or walnuts

Directions

1. Remove the apple's core and bottom so it stands up stably.
2. Stir remaining ingredients together into a filling.
3. Spoon filling into apple center.
4. Wrap with plastic wrap and microwave 3 minutes or until tender.

(Recipe from WebMD)



Low-Cholesterol Snacks

- Pre-cut Veggies like carrot or celery sticks are filling, nutritious, and low in cholesterol
- Handheld fruits like apples, oranges, or grapes are convenient and tasty
- Nuts and seeds are easy to snack on, fibrous, and reduce cholesterol
- Fruit-based muffins or bread satisfy cravings for soft baked goods minus all the shortening

Cholesterol-Friendly Ingredients

- Fish
- Lean Meats
- Fruits
- Olive Oil
- Nuts
- Legumes
- Oats

(Medical News Today)

Ingredients to Avoid for Heart Health

- Red meat
- Dairy
- Packaged Baked Goods
- High Sodium Snacks
- Shortening
- Vegetable Oils
- Fried Foods

(Medical News Today)



Home Care Tip:

Giving up favorite foods can upset seniors. Your senior may be more likely to accept a new diet if you continue to prepare preferred meals but use low-cholesterol ingredient substitutes.

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