

FOODS TO LOWER YOUR CHOLESTEROL

Managing cholesterol levels is essential for keeping your cholesterol levels in check and ensuring heart health. This can be done by following a diet that is low in saturated fats and high in fiber, fruits, and vegetables. Certain lifestyle changes, such as regular exercise and not smoking, can also help improve your cholesterol levels.

TOP FOODS THAT LOWER CHOLESTEROL

Here is a listing of 20 foods that have the potential to reduce cholesterol levels, including their name in your diet may assist in maintaining favorable cholesterol levels and promoting the health of your heart.

OATS High in soluble fiber which helps reduce LDL cholesterol levels. 	TEA (GREEN OR BLACK) Consumption of tea may assist in reducing cholesterol levels. 	BARLEY Beneficial in lowering cholesterol levels. 	WALNUT OIL High in omega-3 fatty acids which help reduce cholesterol levels. 
AVOCADO Loaded with heart-healthy monounsaturated fats, avocados can help reduce cholesterol levels. 	FLAXSEEDS Omega-3 fatty acids & lignans in flaxseeds help lower cholesterol levels. 	GRAPES Grapes may help reduce cholesterol levels. 	BROCCOLI Contains soluble fiber & antioxidants that help lower cholesterol levels. 
CARLIC Contains sulfur which helps reduce cholesterol levels. 	CHIA SEEDS High in soluble fiber & omega-3 fatty acids. 	OLIVE OIL Monounsaturated fats in olive oil help lower cholesterol levels. 	BELL PEPPERS High in antioxidants that help lower cholesterol levels. 
TURMERIC Contains curcumin which helps reduce cholesterol levels. 	QUINOA High in fiber & protein, quinoa can help lower cholesterol levels. 	CARROTS High in antioxidants, carrots can help lower cholesterol levels. 	DARK CHOCOLATE High in antioxidants that help lower cholesterol levels. 
FATTY FISH High in omega-3 fatty acids, fatty fish can help lower cholesterol levels. 	SPINACH High in fiber & antioxidants, spinach can help lower cholesterol levels. 	SWEET POTATOES High in fiber & antioxidants, sweet potatoes can help lower cholesterol levels. 	CRANBERRIES High in antioxidants, cranberries can help lower cholesterol levels. 
CINNAMON Contains antioxidants that help improve cholesterol levels. 	EGGPLANT/AUBERGINE High in fiber & antioxidants, eggplant can help lower cholesterol levels. 	TOMATOES High in antioxidants, tomatoes can help lower cholesterol levels. 	NUTS High in antioxidants, nuts can help lower cholesterol levels. 
BEANS & LEGUMES High in soluble fiber & protein, beans & legumes can help lower cholesterol levels. 	BROWN RICE High in fiber & antioxidants, brown rice can help lower cholesterol levels. 	BLUEBERRIES High in antioxidants, blueberries can help lower cholesterol levels. 	ORANGES High in antioxidants, oranges can help lower cholesterol levels. 
APPLES High in soluble fiber, apples can help lower cholesterol levels. 	SOY PRODUCTS High in protein & fiber, soy products can help lower cholesterol levels. 	POMEGRANATE High in antioxidants, pomegranate can help lower cholesterol levels. 	ONIONS High in antioxidants, onions can help lower cholesterol levels. 

TRANS FATS & SATURATED FATS

To lower cholesterol levels and reduce the risk of heart disease, it is advised to avoid trans fats and limit saturated fats in your diet.

Effect on LDL Cholesterol

LDL cholesterol is often referred to as "bad" cholesterol. It is the primary carrier of cholesterol in the blood. High levels of LDL cholesterol can lead to the formation of plaque in the arteries, which can increase the risk of heart disease.

LDL Cholesterol

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Insulation

Insulation is a layer of fat that surrounds the body. It helps to keep the body warm and protect it from the elements. However, too much insulation can lead to obesity and other health problems.

Cholesterol Production

The liver produces cholesterol in the body. It is used to make cell membranes, hormones, and bile. However, too much cholesterol production can lead to high cholesterol levels.

Health Risk

High cholesterol is a major risk factor for heart disease. It can lead to the formation of plaque in the arteries, which can increase the risk of heart disease.

SOME FOODS HIGH IN TRANS-FATS & SATURATED-FATS

- Fried foods & fast-food items
- Commercially baked goods (Pie crusts, cookies, pastries)
- Margarine & other types of vegetable shortening
- Processed meat foods (Hot dogs, salami, luncheon meats)
- Fully-creamed ice cream (Ice cream is saturated)
- Processed meats (Hot dogs & salami)
- Full-fat dairy products (Whole milk, cream, butter & cheese)
- Red meat (Steak, lamb, pork & beef)
- Coconut oil & palm oil (Common in margarine)
- Ruminant foods & processed commercial foods containing partially hydrogenated oils

9 COOKING TIPS TO HELP LOWER CHOLESTEROL

TRIM FAT Before cooking, trim off visible fat from meat. Use a paper towel to blot fat from cooked meats. Avoid using oil or butter in cooking.	GRILL OR BROIL Choose to grill or broil meats instead of pan-frying. This method reduces the amount of fat that is absorbed by the meat.	STEAM VEGETABLES Steaming vegetables instead of frying them in oil is a healthy choice.
SOUP SOUPS Make soups with low-fat broth. Avoid cream-based soups. Use vegetable broth instead.	USE NON-STICK COOKWARE Use non-stick pans and cooking sprays instead of butter or oil.	BAKING WITH WINE Use wine instead of butter in baking. This can help reduce the fat content of baked goods.
REPLACE BUTTER Replace butter with margarine or vegetable oil in recipes.	USE A RACK When broiling, use a rack to allow fat to drip away from the food.	CHOOSE LEAN PROTEINS Choose lean cuts of meat. Trim visible fat from meat.

8 MAINTAINING HEALTHY CHOLESTEROL

STAY ACTIVE Regular exercise can help improve cholesterol levels.	HEALTHY LIFESTYLE CHOICES Avoid smoking and drinking alcohol.	LIMIT ALCOHOL CONSUMPTION Limit alcohol intake to one drink per day for women and two for men.
FIBER-RICH DIET Eat a diet high in fiber, fruits, and vegetables.	COLORFUL FRUITS & VEGETABLES Eat a variety of colorful fruits and vegetables.	HEALTHY FATS Choose healthy fats like those found in avocados, nuts, and olive oil.
FATTY FISH Eat fatty fish like salmon, tuna, and mackerel.	MONITOR PORTION SIZES Monitor portion sizes to avoid overeating.	REGULAR MEDICATION Take medication as prescribed by your doctor.

The Beef Lover's Guide To Weight Control And Lower Cholesterol

Karin Nielsen-Saines



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