

Ten Foods that will Keep your **CHOLESTEROL** in Check!

Keep your arteries clean!

#2 Salmon

Omega-3 fatty acids--found in salmon and other cold-water fish--help lower "bad" LDL cholesterol, raise "good" HDL cholesterol, and lower triglycerides.

#1 Soy

Studies show that 25 grams of soy protein per day can help to lower cholesterol and play a part in heart health.

#3 Oatmeal

Oat fibre mixes with cholesterol in the small intestine and "mops up" excess cholesterol so that it is carried out of the body instead of being absorbed by the blood.

#4 Garlic

Garlic: Enjoy garlic in as many recipes as you can for its cholesterol-lowering effects.

#7 Avocado

Monounsaturated fat helps to raise levels of HDL ("good" cholesterol) while lowering levels of LDL ("bad" cholesterol).

#5 Nuts

Walnuts are loaded with beneficial fats called omega-3s, which protect against heart disease and high cholesterol.

#6 Flaxseeds

Sprinkle ground flaxseeds on your cereal or salads or include in recipes for a delicious nutty flavour and a number of health benefits.

#9 Beans

Beans contain soluble fibre that helps to optimize digestion and keep weight and cholesterol down. Add them to a salad or enjoy bean veggie patties instead of a regular beef burger.

#8 Vegetables

Load up your plate with colourful vegetables. Filled with fibre and phytonutrients (plant chemicals that prevent disease), they are sure winners to lower cholesterol naturally.

#10 Skins

When eating fruits such as apples or pears, keep the skins on to boost your fibre intake.

In addition to incorporating the foods above into your meals, keeping cholesterol at a normal level also has a lot to do with what you are not eating. Eliminating trans fats from the diet and keeping refined sugars and flours to a minimum are necessary steps to take. A high intake of sugar has been linked with lowering of the "good cholesterol," HDL. Also make sure to restrict your intake of saturated fats such as full-fat meats and cheeses. Finally, don't forget to exercise regularly, and make sure to have regular checkups with your doctor to track your progress.