

HEART HEALTH

HOW TO LOWER CHOLESTEROL FOR A HEALTHY HEART

High cholesterol:

High cholesterol can eventually make it difficult for enough blood to flow through your arteries. This increases the risk of a heart attack and stroke.

Fact: Including cholesterol on the nutritional information panel is rather insignificant because this only represents dietary cholesterol which does not directly affect people's cholesterol levels.

Symptoms: High cholesterol has no symptoms. A blood test is the only way to detect it.

Risk Factors: Factors within your control: inactivity, obesity and an unhealthy diet. Factors beyond your control: genetic makeup.

Note: Waist circumference is also a good indicator of risk.



10 Steps To Reduce Your Cholesterol Levels!

1. Reduce your intake of saturated fats to 7% or less of all calories consumed.
2. Reduce dietary cholesterol – eat smaller portions of meat with the fat trimmed, limit egg consumption, cook your food more often by baking, broiling, steaming and boiling.
3. Reduce total fat in your diet.
4. Increase dietary fiber – fruits, vegetables, legumes and whole grains.
5. Eat more vegetable proteins and less animal proteins – soy products, nuts, brown rice beans and legumes.
6. Manage your weight.
7. Increase antioxidants in your diet to help prevent cholesterol buildup in your arteries.
8. Increase your physical activity – it increases HDL, burns fat, and helps control weight.
9. Consult a physician about medication if necessary.
10. Up Your Omega 3's. These good fats are recommended for lowering LDL levels and may be found in different types of fish and plant-based sources.

Top 10 Foods To Lower Blood Cholesterol:

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|--------------|----------------|----------|---------------|
| 1 Avocados | 2 Cinnamon | 3 Oats | 4 Blueberries |
| 5 Apples | 6 Garlic | 7 Salmon | 8 Soy |
| 9 Brown Rice | 10 Dark Grapes | | |