

# LOW CHOLESTEROL

## HIGH CHOLESTEROL | HIGH TRIGLYCERIDES

Cholesterol is a substance produced by your liver. “Good” HDL cholesterol may be beneficial for health, however, high levels of “bad” LDL cholesterol, particularly when oxidized, have been linked to an increased risk of heart disease, heart attack and stroke.

In foods cholesterol is found in animal products such as meat, dairy and eggs. However, research shows that eating large amounts of saturated fat, trans fat and sugars can raise cholesterol levels, not just foods high in cholesterol.

### 4 WAYS TO LOWER CHOLESTEROL WITH DIET

**Eat fruits and vegetables every day:** Eating at least five cups of fruits and vegetables daily can lower LDL cholesterol levels, which may reduce your risk of heart disease.

**Reduce saturated fat:** Consuming unsaturated fats such as avocados, olives, fatty fish and nuts, and fewer saturated fats from plants has been linked to lower cholesterol over time.

**Reduce added sugars:** Consuming drinks with added sugars can raise cholesterol levels and more than double your risk of dying from heart disease. Switch from having sweetened drinks to water, seltzer, or fruit infused waters.

**Add fiber to meals:** Fiber nourishes healthy probiotic gut bacteria and removes cholesterol from the body. The amount of fiber you need depends on your age and gender: 21 grams for women over 50 or 25 grams if younger, and 28 grams for men over 50 or 30 grams if younger.

### HERE ARE 10 HIGH-FIBER FOODS THAT ARE BOTH HEALTHY AND SATISFYING.

**Pears:** 5.5 grams in a medium-sized pear.

**Strawberries:** 3 grams in one cup.

**Avocado:** 10 grams in a cup.

**Apples:** 4.4 grams in a medium-sized apple.

**Raspberries:** 8 grams of fiber in one cup contains

**Bananas:** 3.1 grams in a medium-sized banana.

**Carrots: (2.8%):** 3.6 grams in one cup.

**Beets:** 3.8 grams per cup.

**Broccoli:** 2.4 grams per cup.

**Artichoke:** 10.3 grams in one artichoke.

Meet with our dietitian for additional information on how to use food to help lower cholesterol.