

## *Would you like to balance your cholesterol levels with food?*

You might be a person who is predisposed to high cholesterol, or maybe your diet could use a shape-up. Here are a few key points on cholesterol that I try to focus on:

- **Practicing moderation, eating a variety of foods and getting enough physical exercise.**
- LDL or “bad” cholesterol deposits itself on the walls of your arteries, forming plaques that make them hard and narrow. HDL or “good” cholesterol removes excess LDL in your blood and brings it to your liver for disposal. The more HDL you consume, the less LDL you’ll have in your blood.

### **Some suggestions to lower LD**

**Use only nonfat or lowfat** dairy products, including milk, yogurt and cheese. Regular dairy products, such as whole milk, butter, cheese, cream cheese and ricotta cheese, are high in saturated fat.

**Limit the amount of saturated fat.** No more than 5 percent of your daily calories should come from saturated fat. That's about 10 to 11 grams a day for most people. One tablespoon of butter has 7 grams of saturated fat; a tablespoon of margarine has only 2 grams of saturated fat.

**Avoid foods with added trans-fat.** This fat comes from partially hydrogenated vegetable oils often found in fried foods and processed foods such as crackers, baked goods and desserts.

**Base most of your meals on beans, vegetables, fruits and whole grains,** with a minimum of low saturated fat foods from animal protein such as nonfat dairy, fish and egg whites.

**Include soy protein in your diet in place of animal protein when possible.** Studies show that 25 grams of soy protein per day can help lower cholesterol when part of a heart-healthy diet.

**Limit intake of sugar and fructose.** Doing so should lower triglycerides, aid weight loss and lower LDL cholesterol levels.

**Eat foods naturally high in fiber,** especially soluble fiber. Soluble fiber is found in legumes, fruits and root vegetables, as well as oats, barley and flax. For every 1 or 2 grams of soluble fiber you eat daily, you lower LDL cholesterol levels by 1 percent.

**Here is a list of foods containing 2 grams or more of soluble fiber. Increasing these foods in your diet will help lower cholesterol.**

1 cup barley, cooked
1 cup fresh broccoli
1 cup Brussels sprouts
1/2 cup apricots or figs
1 cup carrots
1 cup collard greens
1 cup cooked beans, peas or lentils
1 cup oat bran
1 cup oatmeal, cooked
1 cup rye cereal, cooked
1 large sweet potato
6 prunes

**Other foods that lower cholesterol.**

Below is a list of foods that lower cholesterol. You can use this list of cholesterol reducing foods as a guide when eating and should consider having a majority of these foods that lower cholesterol in your home.

- Oat cereal. Cereals containing flaxseed or psyllium. Whole grain cereals
- All types of fruits, especially currants, grapes, strawberries, blackberries, raspberries, citrus fruits, apples.
- Pecan nuts, walnuts, olives, soy nuts
- Dried beans, peas and lentils
- Corn, fresh, frozen
- Soybean products
- Whole wheat bread
- All vegetables, especially onion, watercress, leeks, spinach, carrots, artichokes, avocado, broccoli, kale Brussels sprouts and cauliflower
- A variety of flavorings, herbs and spices, especially fresh garlic
- **Lean** meats and chicken.
- Salmon, swordfish, tuna and trout
- Canola and olive oils and margarines made from these oils.

References:

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**Secrets of Self Healing. Dr Maoshing Ni**