

FOODS TO LOWER YOUR CHOLESTEROL

Adopting informed food choices is essential for keeping your cholesterol levels in check and ensuring heart health. It's important to eat foods that help lower your cholesterol, as they can help reduce your risk of heart disease. Lower cholesterol levels can lead to significant improvements in your long-term health.

TOP FOODS THAT LOWER CHOLESTEROL

Here is a variety of 40 foods that help lower your cholesterol levels, including plant-based oils in your diet may assist in maintaining cholesterol levels and promoting the health of your heart.

OATS High in soluble fiber, which helps reduce LDL cholesterol levels. 	TEA (GREEN OR BLACK) Contains antioxidants that may help reduce LDL cholesterol levels. 	BARLEY High in soluble fiber, which helps reduce LDL cholesterol levels. 	WALNUT OIL High in omega-3 fatty acids, which help reduce LDL cholesterol levels. 
AVOCADO Contains heart-healthy monounsaturated fats that help reduce LDL cholesterol levels. 	FLAXSEEDS High in soluble fiber and omega-3 fatty acids, which help reduce LDL cholesterol levels. 	GRAPES High in antioxidants, which help reduce LDL cholesterol levels. 	BROCCOLI High in fiber and antioxidants, which help reduce LDL cholesterol levels. 
CARLIC Contains compounds that help reduce LDL cholesterol levels. 	CHIA SEEDS High in soluble fiber and omega-3 fatty acids, which help reduce LDL cholesterol levels. 	OLIVE OIL High in monounsaturated fats, which help reduce LDL cholesterol levels. 	BELL PEPPERS High in antioxidants, which help reduce LDL cholesterol levels. 
TURMERIC Contains compounds that help reduce LDL cholesterol levels. 	QUINOA High in fiber and antioxidants, which help reduce LDL cholesterol levels. 	CARROTS High in antioxidants, which help reduce LDL cholesterol levels. 	DARK CHOCOLATE High in antioxidants, which help reduce LDL cholesterol levels. 
FATTY FISH High in omega-3 fatty acids, which help reduce LDL cholesterol levels. 	SPINACH High in fiber and antioxidants, which help reduce LDL cholesterol levels. 	SWEET POTATOES High in fiber and antioxidants, which help reduce LDL cholesterol levels. 	CRANBERRIES High in antioxidants, which help reduce LDL cholesterol levels. 
CINNAMON Contains compounds that help reduce LDL cholesterol levels. 	EGGPLANT / AUBERGINE High in fiber and antioxidants, which help reduce LDL cholesterol levels. 	TOMATOES High in antioxidants, which help reduce LDL cholesterol levels. 	NUTS High in healthy fats and antioxidants, which help reduce LDL cholesterol levels. 
BEANS & LEGUMES High in soluble fiber, which helps reduce LDL cholesterol levels. 	BROWN RICE High in fiber and antioxidants, which help reduce LDL cholesterol levels. 	BLUEBERRIES High in antioxidants, which help reduce LDL cholesterol levels. 	ORANGES High in fiber and antioxidants, which help reduce LDL cholesterol levels. 
APPLES High in soluble fiber, which helps reduce LDL cholesterol levels. 	SOY PRODUCTS High in soluble fiber and plant-based protein, which help reduce LDL cholesterol levels. 	POMEGRANATE High in antioxidants, which help reduce LDL cholesterol levels. 	ONIONS High in soluble fiber, which helps reduce LDL 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 for better heart health.

Effect on LDL Cholesterol

Trans fats raise LDL cholesterol levels and lower HDL cholesterol levels. Saturated fats raise LDL cholesterol levels and lower HDL cholesterol levels.

LDL Cholesterol

LDL cholesterol is often referred to as "bad" cholesterol. High levels of LDL cholesterol can lead to the buildup of plaque in your arteries, which can increase the risk of heart disease.

Insulation

Trans fats and saturated fats can lead to the buildup of plaque in your arteries, which can increase the risk of heart disease.

Cholesterol Production

Trans fats and saturated fats can lead to the production of more cholesterol in your liver, which can increase the risk of heart disease.

Heart Risk

Trans fats and saturated fats can lead to the development of atherosclerosis, which can increase the risk of heart disease.

SOME FOODS HIGH IN TRANS FATS & SATURATED FATS

- Fast-food burgers & fried chicken
- Commercial baked goods (like cookies, cakes, pastries)
- Margarine & some types of vegetable shortening
- Processed snack foods (like microwave popcorn, frozen pizza)
- Highly processed meats (like hot dogs)
- Processed meats (like sausage)
- Full-fat dairy products (like milk, cream, butter & cheese)
- Red meat (like beef, pork, lamb & chicken)
- Processed oils & fats (like shortening, margarine)
- Processed foods & beverages containing trans fats, including frozen meals



9 COOKING TIPS TO HELP LOWER CHOLESTEROL

DRINKING Before cooking, use oil instead of butter. Use a spray bottle to apply oil to the pan. Use a non-stick pan. Use a non-stick cooking spray.	GRILL OR BAKE Choose to grill or bake instead of frying. Use a non-stick pan. Use a non-stick cooking spray.	STEAM VEGETABLES Steaming vegetables instead of frying them can help reduce the amount of fat in your diet.
SOUP Use vegetable broth instead of meat broth. Use a non-stick pan. Use a non-stick cooking spray.	USE NON-STICK COOKWARE Use non-stick pans, bowls, and plates. Use a non-stick cooking spray.	BAKING WITH OIL Use a non-stick pan. Use a non-stick cooking spray.
REPLACE BUTTER Replace butter with margarine or vegetable oil. Use a non-stick pan. Use a non-stick cooking spray.	USE A RACK When roasting, use a rack to hold the food. Use a non-stick pan. Use a non-stick cooking spray.	CHOOSE CLEAN PROTEINS Choose lean meats, fish, and poultry. Use a non-stick pan. Use a non-stick cooking spray.

9 MAINTAINING HEALTHY CHOLESTEROL

STAY ACTIVE Regular exercise helps lower cholesterol levels.	HEALTHY LIFESTYLE CHOICES Eat a healthy diet, avoid smoking, and limit alcohol.	LIMIT ALCOHOL CONSUMPTION Limit alcohol consumption to one drink per day for men and one drink per day for women.
FIBER-RICH DIET Eating a diet high in fiber helps lower cholesterol levels.	COLORFUL FRUITS & VEGETABLES Eating a variety of fruits and vegetables helps lower cholesterol levels.	HEALTHY FATS Choose healthy fats like those found in avocados, nuts, and olive oil.
FATTY FISH Eating fatty fish like salmon helps lower cholesterol levels.	SMALL PORTION SIZES Eating smaller portions helps lower cholesterol levels.	REGULAR MEDICATION Taking medication as prescribed helps lower cholesterol levels.

No Nonsense Cholesterol Guide

B Lingard



No Nonsense Cholesterol Guide:

No Nonsense Cholesterol Guide Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has are more evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **No Nonsense Cholesterol Guide**, a literary masterpiece that delves deep to the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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