



HIGH CHOLESTEROL FOODS

WHAT TO EAT AND WHAT TO AVOID

Studies show that you can **lower your cholesterol by 20-30%** just by changing how you eat. Lowering cholesterol through diet is about eating foods that will: **1) raise your HDL** (ie. the good cholesterol, think "H" for healthy); and **2) lower your LDL** (ie. the bad cholesterol). You can make it happen - you just need to eat more of some foods and less of others.

Here are some tips to get you started.

EAT MORE PLANTS



Make veggies and fruits half of what you eat a day, and you'll pull in the fiber your body needs to reduce LDL cholesterol. Ask for "double veggies" and crowd in these fiber-rich plant foods:

- Dark leafy greens
- Sweet potato (keep the skin on)
- Fruits
- Carrots
- Brussel sprouts
- Oats
- Beans
- Barley
- Lentils

EAT LESS ANIMAL MEATS AND DAIRY PRODUCTS



Animal meats and dairy products (cheese, butter, yogurt, milk) contain saturated fat, which raises LDL cholesterol.

Eat less red meat, choose leaner cuts, and swap in white meat chicken and fish. Keep your dairy to 1-2 servings a day and choose low fat versions.

AVOID TRANS FATS



Trans fats increase bad cholesterol and lower good cholesterol. They are found in fried foods and baked goods. Look for versions WITHOUT trans fats.

Avoid misleading marketing claims by reading the ingredient list. "Partially hydrogenated" is actually a trans fat. If you see it, avoid the product.

EAT LESS WHITE GRAINS



Whole grains are part of a healthy diet. White grains lack fiber and nutrients, and they contribute to inflammation (your body produces insulin to manage the spike in blood sugar).

Replace white breads, pizza, pasta, and cereals with 100% WHOLE grain versions.

Ready to improve how you eat and feel? Want to learn how to eat to control your high cholesterol and get the personal coaching to turn healthy eating into a lifestyle that you love? **Try our online program RISK-FREE as my guest for two weeks.**

For more resources about how to lower your cholesterol check out: www.savoryliving.com/high-cholesterol