



3 Tips to Lower Cholesterol

1. Limit saturated fat and consume more unsaturated fat.

Red meat, processed meat such as sausage and bacon, butter and fried foods are all sources of artery-clogging saturated fat. Choose lean meats such as chicken and fish. Bake, grill, roast or broil foods to reduce fat during cooking. Incorporate more heart healthy, unsaturated sources of fat (nuts and seeds, olive oil, avocados, and nut butters) into meals and snacks.

2. Replace refined (or simple) carbohydrates with whole grains, fruits, and vegetables.

Replace white bread, rice and pasta, sweets, crackers, chips, and sugary cereals with whole wheat bread and pasta, brown rice, oats, and beans to increase soluble fiber, a key nutrient for lowering blood cholesterol. Adding colorful fruits and vegetables to meals and snacks provides antioxidants, fiber, and vitamin and minerals.

3. Move more.

Those that maintain an active lifestyle have a 45% lower risk of developing heart disease than do sedentary people. Experts recommend at least 30 minutes of exercise on most – if not all – days.

Just 2 to 6 visits with a registered dietitian can lower LDL cholesterol by 7-14% or anywhere from 31-106 mg/dL. For more tips and to receive an individualized meal plan to better assist with lowering cholesterol, call (919) 237-1337 to make an appointment with one of our Avance Care registered dietitians.