

Lifestyle Tips to Lower Your LDL Cholesterol

WHAT YOU NEED TO KNOW

What is Cholesterol?

Cholesterol is a type of fat normally found in the bloodstream. It plays an important role in helping the body make cells, hormones, vitamins, and promote normal growth and development. However, when the level of bad cholesterol in the bloodstream gets too high, it can cause health problems by damaging the blood vessels and organs.

LDL-Cholesterol

Commonly referred to as “bad” cholesterol. It is only when the LDL-C blood level becomes too high that it can cause damage by clogging or blocking blood vessels as you age.

Tips to Lower Your LDL Cholesterol

Choose:

Healthy fats

- Olive, avocado, safflower, and canola oils
- Avocados, unsalted nuts, and seeds

Lean proteins

- Fish like salmon, tuna, trout
- Chicken or turkey with no skin
- Lean red meat like “round” and “loin” cuts
- Plant protein foods like soy (tofu) and dried beans and lentils

Choose foods high in soluble fiber

- Black beans, kidney beans, split peas, lentils
- Barley, oats, oat bran, ground flax seeds
- Broccoli, Brussels sprouts, sweet potatoes
- Apples, avocados, oranges, pears

Avoid:

Saturated fat

- Butter, coconut oil, palm kernel oil, ghee, or beef tallow
- Fatty cuts of meat, ground beef, sausage, bacon, hot dogs

Foods with partially hydrogenated oils

- *Trans fats have mostly been removed from foods.*
- May be found in store-bought baked goods, canned frosting, or some fast foods.

Food and drinks with sugar

- Soda, sweet tea, fruit drinks, and sport drinks
- Cakes, cookies, donuts, pies, pastries, candy

Foods high in cholesterol

- Limit egg yolks to 2-3 per week (one at a time) if you have high LDL-C, diabetes, or heart failure
- Organ meats like liver and gizzards

Move More

- Exercise helps lower your LDL-C
- Move for 30 - 45 minutes 5-7 days each week
- Walk briskly, ride a bike, dance
- If you haven't been active, talk to your doctor before you start

Eating to Lower Your LDL-C

Breakfast: Cooked oat cereal with berries, 1 TBSP ground flaxseed, and 1% milk

Lunch: Tuna sandwich (packed in water) and 1 TBSP mayo, baby carrots, and an apple

Dinner: Grilled chicken with no skin, quinoa, mixed green salad with 1 TBSP vinaigrette dressing

Snacks: Non-fat greek yogurt with a banana, ¼ cup unsalted mixed nuts, veggie slices and hummus

