



10/7/13

Top 5 Lifestyle Changes to Reduce Cholesterol

1. Lose weight

- Losing as little as 5 to 10 percent of your body weight can help significantly reduce cholesterol levels

2. Eat heart-healthy foods

- Choose healthier fats. Choose leaner cuts of meat, low-fat dairy and monounsaturated fats — found in olive, peanut and canola oils — for a healthier option.
- Eliminate trans fats.
- Limit the cholesterol in your food. The most concentrated sources of cholesterol include organ meats, egg yolks and whole milk products. Use lean cuts of meat, egg substitutes and skim milk instead.
- Select whole grains.
- Stock up on fruits and vegetables. Fruits and vegetables are rich in dietary fiber, which can help lower cholesterol.
- Eat foods rich in omega-3 fatty acids. Fish — such as salmon, mackerel and herring — are rich in omega-3 fatty acids. Other good sources of omega-3 fatty acids include walnuts, almonds and ground flaxseeds.

3. Exercise on most days of the week

- Adding physical activity, even in 10-minute intervals several times a day, can help you begin to lose weight.

4. Quit smoking!

5. Drink alcohol only in moderation

More details can be located here <http://www.mayoclinic.com/health/reduce-cholesterol/CL00012>

Monday Morsels Archives

8/26/13 Ways to Shave Calories		
9/9/13 What is Dietary Fiber		
9/16/13 More on Fiber		
9/23/13 Multigrain vs. Whole Grain		
9/30/13 Make half your family's grains whole?		
10/7/13 Top 5 Lifestyle Changes to Reduce Cholesterol		