How Can I Improve My Cholesterol?

There are several lifestyle changes that you can make to improve your cholesterol. You can eat healthy foods, reach and maintain a healthy weight and be physically active. Some people also need to take medicine to lower their cholesterol because changing their lifestyle and diet isn’t enough. Your healthcare providers will help you set up a plan for improving your cholesterol — and keeping yourself healthy!

Most heart and blood vessel disease is caused by a buildup of cholesterol, plaque and other fatty deposits in artery walls. The arteries that feed the heart can become so clogged that the blood flow is reduced, causing chest pain. If a blood clot forms and blocks the artery, a heart attack can occur. Similarly, if a blood clot blocks an artery leading to or in the brain, a stroke results.

What should I eat?

Focus on eating foods low in saturated and trans fats such as:

- A variety of fruits and vegetables.
- A variety of whole grain foods like whole grain bread, cereal, pasta and brown rice. (At least half of the servings should be whole grains.)
- Fat-free, 1 percent and low-fat milk products.
- Poultry without skin and lean meats. When you choose to eat red meat and pork, select options labeled “loin” and “round.” These cuts usually have the least amount of fat.
- Fatty fish such as salmon, trout, albacore tuna and sardines. (Enjoy at least two servings baked or grilled each week.)
- Unsalted nuts, seeds, and legumes (dried beans or peas).
- Nontropical vegetable oils like canola, corn, olive, or safflower oils.

What should I limit?

- Foods with a lot of sodium (salt)
- Sweets and sugar-sweetened beverages
- Red meats and fatty meats that aren’t trimmed
- Meats that have been processed with a lot of sodium
- Full-fat dairy products such as whole milk, cream, ice cream, butter, and cheese
- Baked goods made with saturated and trans fats like donuts, cakes cookies
- Foods that list the words “hydrogenated oils” in the ingredients panel
- Saturated oils like coconut oil, palm oil and palm kernel oil
- Solid fats like shortening, stick margarine and lard
- Fried foods

(continued)
What are some cooking tips for me?

• Add a variety of fruits and vegetables to your meals.
• Use a rack to drain off fat when you broil, roast or bake poultry and meats.
• Look for leaner cuts if you choose to eat meat.
• Don’t baste with drippings; use wine, fruit juice or marinade.
• Broil or grill instead of pan-frying.
• Cut off all visible fat from meat before cooking, and take all the skin off poultry pieces.
• Use a vegetable oil spray to brown or sauté foods.
• Serve smaller portions of higher-calorie dishes.
• Use low-fat, low-sodium options instead of regular cheese.

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Lifestyle + Risk Reduction

Cholesterol

Answers

by heart

Take a few minutes to write your questions for the next time you see your healthcare provider. For example:

What about eating out?

Why are weight control and physical activity important?

Do you have questions for the doctor or nurse?

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We have many other fact sheets to help you make healthier choices to reduce your risk, manage disease or care for a loved one. Visit heart.org/answersbyheart to learn more.

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