

Health and Wellness: Watch That Cholesterol

By Laura Seigel, M.S.W. • www.tpsw.org – laura.seigel@akerman.com

Unfortunately, raising your cholesterol level to an alarming range is easy for many if not most people – just enjoy foods such as too much butter, ice cream and/or fatty meats. Happily, eating cholesterol-lowering foods can reduce the LDL level and improve the fleet of fats hanging around your bloodstream. Keeping your LDL within a good range is entirely possible!

Here's a list of "functional foods" to get your started:

- beans (seemingly endless possibilities)
- fatty fish and Omega-3 fatty acids (e.g., halibut, herring, mackerel, salmon, etc.)
- fruits
- nuts, but only a handful (not pistachios though because they increase fungus)
- oatmeal, oat bran and high-fiber foods
- olive oil
- stanols and sterols (which are found in plants and supplements that help block cholesterol absorption)
- vegetables



Adapting a healthy lifestyle by exercising, quitting smoking and getting to and keeping a healthy weight also contribute to keeping your cholesterol in the good range.

Additional Resources

As with any health issue, it is important to learn as much as you can. Here are a few links to get you started:

- (1) <http://www.mayoclinic.org/diseases-conditions/high-blood-cholesterol/in-depth/cholesterol/art-20045192>
- (2) <http://www.webmd.com/cholesterol-management/guide/cholesterol-lowering-foods>
- (3) <http://www.webmd.com/heart/tc/heart-healthy-eating-topic-overview>
- (4) <http://www.nlm.nih.gov/medlineplus/tutorials/managingcholesterol/htm/index.htm>

5 FOODS TO LOWER CHOLESTEROL



Disclaimer for this article and all others written by Laura Seigel, MSW: These articles are intended as a reference only. The information provided is designed to save and improve lives by guiding readers to make informed decisions about health and parenting issues. It is not intended as a substitute for any treatment. If anyone reading this article suspects a problem, please seek competent care in a timely fashion.