



## HIGH CHOLESTEROL HEALTH PLAN

The following health plan contains a list of nutrition and lifestyle habits that have been proven to help lower high cholesterol. There are several references throughout this health plan to help you find more in-depth information on the website about different listed interventions. If you have not been able to find all the help you need on the website, please use the “CONTACT US” form on the HOME page to ask for an appointment with a Lifestyle & Nutrition Consultant.

### FACTORS THAT CAN ELEVATE CHOLESTEROL LEVELS

High cholesterol can result from genetic factors or metabolic or hormonal imbalances. Typically, high cholesterol is the result of factors related to nutrition and lifestyle habits. As you read through the list below, check mark the box in front of each of the factors that you think may be contributing to your elevated cholesterol levels.

- Eating more calories than what the body needs for daily energy needs
- Eating refined sugar
- Elevated Body Mass Index (BMI) can cause elevations in triglyceride levels
- Eating too much animal fat, from meat and dairy
- Omega 3 fatty acid deficiency
- Low fiber diet
- Antioxidant deficiency – comes from a lack of eating bright colored fruit and veggies
- Eating trans fats (hydrogenated oils)
- Deficiency of vitamins B<sub>6</sub> and B<sub>12</sub>, folic acid and choline
- Deficiency of vitamin C and E, selenium, magnesium, iodine
- Vitamin B5 deficiency
- Inactivity and a sedentary lifestyle

- Overgrowth of unfriendly bacteria in the guts causing symptoms like gas, bloating, foul smelling gas, diarrhea or constipation

## NUTRITION AND LIFESTYLE HABITS THAT HELP LOWER HIGH CHOLESTEROL

Natural interventions for the management of hypercholesterolemia are primarily aimed at diminishing or removing causative factors. Here is a list of nutrition and lifestyle habits that do just that. As you read through the list, highlight all the habits you are already doing. Then go back through the list and put a check mark by the habits that you would like to try to adopt.

- Cut refined sugar from diet and replace with complex carbohydrates
- Cut out sugar drinks and replace with water and fat free milk
- Limit saturated fat intake to 10 percent of total calories eaten - choosing lean meat and low-fat dairy products will help [To learn more about how to limit unhealthy fats in your diet, go to <https://positivepatterns4life.com/thrive> and click on the *Eat Healthy* link which will take you to the *Eat Healthy* page.]
- Avoid trans fats and hydrogenated oils
- Eat foods rich in antioxidants - brightly colored fruits and vegetables are good sources of antioxidants
- Get 30 minutes of aerobic exercise most every day [To learn more about aerobic exercise, go to <https://positivepatterns4life.com/thrive> and click on the *Get Moving* link which will take you to the *Get Moving* page.]
- Decrease sedentary time and find opportunities to move more during the day
- Eat to meet body's daily energy needs – don't over eat and limit consumption of high calorie foods
- Eat foods rich in omega 3 fatty acids or take a supplement (1000 – 3000 mg per day)
- Eat high fiber foods or take a fiber supplement
- Take a full spectrum multivitamin and mineral supplement
- Take a vitamin C supplement (1000 mg per day)
- Eat foods containing probiotics like yogurt, sourcroust, kabocha or take a probiotic
- Eat garlic and onions on a regular basis

- Work toward attaining a healthy weight if you have an elevated BMI

## HELP WITH CHANGING HEALTH HABITS

Changing health habits can be challenging. *Positive Patterns for Life* offers a variety of methods, skills and tools to help support you during your habit change journey. One of the most helpful tools found on the website is the *Positive Patterns for Life Goals Chart*. It has blank spaces for you to write in your new habits that you want to work on adopting. It has instructions to guide you on how to best use the goals chart and encouraging quotes to help you stay motivated during your health improvement journey. Make sure to check out all the resources in the *Changing Health Habits* section at the bottom of the THRIVE page at <https://positivepatterns4life.com/thrive>.

If you don't find the help you need in the *Changing Health Habits* section, schedule an appointment with a Lifestyle & Nutrition Consultant by using the "Contact Us."

### REFERENCES:

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10. Schardt, David. (2002) *The Face of Fats*. Nutrition Action Healthletter, July/August 2002, pg 3-7. (Available online at: [http://www.cspinet.org/nah/07\\_02/fats.pdf](http://www.cspinet.org/nah/07_02/fats.pdf))