

# Nutrition Tips to Lower High Cholesterol

High cholesterol levels can contribute to increased risk of heart disease, high blood pressure and stroke. Incorporating a few of these suggestions can help to lower your cholesterol and contribute to a healthy lifestyle.

## Increase Fiber Intake

- Aim to eat over 25 grams/day
- Eat a fruit or vegetable with all meals and snacks
- Choose whole grain foods
- Incorporate beans into meals

## Eat More Omega 3's

- Eat salmon or albacore tuna 2x/week
- Add walnuts and ground flaxseed to oatmeal
- Try Barlean's omega 3 fish oil

## Try New Cooking Methods

- Instead of frying, experiment with baking, grilling, slow cooking, pressure cooking, air-frying or steaming foods

## Hydrate with H2O First

- Make water your #1 hydration source
- Drink less juice, soda and other sugary beverages

## Bump Up Unsaturated Fats

- Cook with olive or avocado oil
- Substitute avocado for mayo on sandwiches
- Choose nut butters without added oils or sugar
- Snack on nuts and seeds, such as walnuts and sunflower seeds

## Check Your Food Labels

- Choose foods with:
  - Over 3 grams of fiber/serving
  - Less than 140 mg sodium/serving
  - Less than 10 gms added sugar/serving

## Add in Plant Sterols and Stanols

- Eat 2 gm/day
- Naturally in vegetables, fruits, whole grains, and beans
- Added to some orange juice, soy milk, yogurt, and cereal
- Benecol Soft Chews 4 chews = 2 gm/sterols

