



Cholesterol health

Controlling LDL—blood cholesterol levels lowers the risk for coronary heart disease. LDL-cholesterol is called “bad” cholesterol because high levels of it lead to a buildup of cholesterol in the arteries.



To lower LDL-cholesterol, lose weight if you are overweight; limit saturated fats found in fatty meats high-fat dairy products, and desserts.

Eat plenty of veggies, fruit, whole grains, beans, and lentils. Take cholesterol lowering medicine as advised. Also, stay physically active, manage stress, get quality sleep, avoid or limit alcohol, and quit tobacco.

Get your blood cholesterol levels checked as often as advised by your doctor.

Find out more about cholesterol and following a heart-healthy lifestyle at [nhlbi.nih.gov/health/blood-cholesterol](https://www.nhlbi.nih.gov/health/blood-cholesterol).