



ACTION STEPS FOR WELLNESS

Healthy eating



Choose foods that help lower LDL (bad) cholesterol and raise HDL (good) cholesterol. Medicines have a big impact on improving blood cholesterol (lipid) levels. Follow your doctor's advice for taking medications.

Action Step: Take a walk at least 30 minutes a day, five days a week. Lose weight. Weight loss and moderate physical activity raise HDL (good) cholesterol.

Choose:	Why?
Foods that have 0 trans fat (hydrogenated oils). Strictly limit saturated fats. Read food labels.	Trans and saturated fats raise bad cholesterol and lower good cholesterol.
Oatmeal, oat bran, the pulp of fruits, and kidney and other beans	Soluble fiber in these blocks bad cholesterol from being absorbed in the bloodstream.
Margarine spreads and other foods with added plant sterols and stanols.	Plant sterols and stanols block cholesterol from being absorbed in the bloodstream, too.
Salmon, tuna, trout, other fatty fish – Twice a week. Walnuts, Brazil nuts, almonds – A handful every day. Flaxseed – Add to cereal, yogurt, and recipes.	Omega-3 fatty acids in these improve bad to good cholesterol ratio. Nuts, olives, olive and canola oils are high in monounsaturated fat. This lowers bad cholesterol, but leaves good cholesterol intact.
Olive, canola, and peanut oils	These have monosaturated fat which lowers bad cholesterol, but leave good cholesterol intact.