



## 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:

Foods that have 0 trans fat (hydrogenated oils). Strictly limit saturated fats. Read food labels.

Oatmeal, oat bran, the pulp of fruits, and kidney and other beans

Margarine spreads and other foods with added plant sterols and stanols.

Salmon, tuna, trout, other fatty fish – Twice a week. Walnuts, Brazil nuts, almonds – A handful every day. Flaxseed – Add to cereal, yogurt, and recipes.

Olive, canola, and peanut oils

### Why?

Trans and saturated fats raise bad cholesterol and lower good cholesterol.

Soluble fiber in these blocks bad cholesterol from being absorbed in the bloodstream.

Plant sterols and stanols block cholesterol from being absorbed in the bloodstream, too.

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.

These have monounsaturated fat which lowers bad cholesterol, but leave good cholesterol intact.