

Know Your Numbers

Top Foods to Lower Cholesterol

Week 2

Oatmeal, oat bran and high-fiber foods

Oatmeal contains soluble fiber, which reduces your low-density lipoprotein (LDL), the "bad" cholesterol. Soluble fiber is also found in such foods as kidney beans, apples, pears, barley and prunes.

Fish and omega-3 fatty acids

Eating fatty fish can be heart healthy because of its high levels of omega-3 fatty acids, which can reduce your blood pressure and risk of developing blood clots. In people who have already had heart attacks, fish oil — or omega-3 fatty acids — may reduce the risk of sudden death.

Walnuts, almonds and other nuts

Walnuts, almonds and other tree nuts can improve blood cholesterol. Rich in mono- and polyunsaturated fatty acids, walnuts also help keep blood vessels healthy.

Avocados

Avocados are a potent source of nutrients as well as monounsaturated fatty acids (MUFAs). According to a recent study, adding an avocado a day to a heart-healthy diet can help improve LDL levels in people who are overweight or obese

Olive oil

Another good source of MUFAs is olive oil. Try using about 2 tablespoons (23 grams) of olive oil a day in place of other fats in your diet to get its heart-healthy benefits. To add olive oil to your diet, you can sauté vegetables in it, add it to a marinade or mix it with vinegar as a salad dressing. You can also use olive oil as a substitute for butter when basting meat or as a dip for bread.

Foods with added plant sterols or stanols

Foods are available that have been fortified with sterols or stanols — substances found in plants that help block the absorption of cholesterol.

Whey protein

Whey protein, which is one of two proteins in dairy products — the other is casein — may account for many of the health benefits attributed to dairy. Studies have shown that whey protein given as a supplement lowers both LDL and total cholesterol.

Other changes to your diet

For any of these foods to provide their benefit, you need to make other changes to your diet and lifestyle. Although some fats are healthy, you need to limit the saturated and trans fats you eat. Saturated fats, like those in meat, butter, cheese and other full-fat dairy products, and some oils, raise your total cholesterol.

Source: <http://www.mayoclinic.org/cholesterol/art-20045192>

****For additional help implementing these changes, take advantage of your health coach!** To set up your appointment please contact your Agnesian Health Coaches at Tara: 920-926-5678 or Angie 920-926-5508 or e-mail workandwellness@agnesian.com.