



GOOD NUTRITION WILL BENEFIT YOUR LIFE

FOCUS ON **Cholesterol**

ISSUE #1 OF 6 IN AN EMAIL SERIES



HARVARD MEDICAL SCHOOL
Trusted advice for a healthier life

10 foods that lower cholesterol—and some that raise it

It's easy to eat your way to an alarmingly high cholesterol level. At the same time, changing what you eat can lower your cholesterol and improve the kinds of fats floating through your bloodstream.

Improving your cholesterol through diet requires a two-pronged strategy:

1. Add foods that lower LDL, the "bad" cholesterol.
2. Cut back on foods that boost LDL.

In with the good

Different foods lower cholesterol in various ways. Some deliver soluble fiber, which drags cholesterol out of the body before it gets into circulation. Some give you polyunsaturated fats, which directly lower LDL. And some contain plant sterols and stanols, which block the body from absorbing cholesterol.

Here are 10 types of foods that work in one or more of these ways to lower cholesterol:

1. Oats such as oatmeal or cold, oat-based cereal like Cheerios
2. Barley and other whole grains
3. Beans
4. Eggplant and okra
5. Nuts
6. Vegetable oils such as canola, sunflower, and safflower
7. Apples, grapes, strawberries, citrus fruits
8. Foods fortified with sterols and stanols, which include foods ranging from margarine and granola bars to orange juice and chocolate
9. Soy, such as tofu or soy milk
10. Fatty fish

Out with the bad

To improve your cholesterol, the main things to cut from your diet are saturated and trans fats.

Saturated fats. The saturated fats found in red meat, milk and other dairy foods, and coconut and palm oils directly boost LDL.

Featured Report

A Harvard Medical School Special Health Report

Healthy Eating

A guide to the new nutrition



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Get your copy of *Healthy Eating: A guide to the new nutrition*

The Healthy Eating report describes the food-health connection and takes on controversial topics like food additives, cooking methods, the role of carbohydrates and more.

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In the Next Issue

Why is HDL cholesterol good for you?

Additional Resources

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- [Healthy Eating for Type 2 Diabetes](#)
- [Healthy Eating for a Healthy Heart](#)

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