

## The Wonder Of Diet In Lowering Cholesterol

Today, more and more people suffer from high cholesterol and obesity due to improper food intake, unbalanced diet, and unhealthy lifestyle. Whatever the reasons behind the certain condition such as having high blood cholesterol level, the first treatment any physician will recommend is a low cholesterol diet. A Guide to Low Cholesterol and Cholesterol Diets As defined, cholesterol is a complex alcohol constituent of all animals fats and oils. It is a sterol that is related to other sterols and is contained in many foods such as dairy products and meat fats. Other sources of cholesterol include eggs, poultry, fish, and shellfish. Studies show that that people with high levels of cholesterol are more likely to develop heart attacks more specifically, atherosclerosis which is a disease involving blockage of certain arteries compared to those with lower levels. Diet is indeed very significant in treating high blood cholesterol level. If you would want to lower your cholesterol levels, try eating foods that are less high-fat food-especially those high in saturated fat while replacing part of the saturated fat in your diet with unsaturated fat. You should also eat less high-cholesterol foods. Aside from veering away in eating high-fat foods, you should also learn how to choose foods that are high in complex carbohydrates like starches and fibers. By lowering your carbohydrate intake, you can also reduce your weight especially if you are overweight. Although the basics of low cholesterol diet may seem easy to follow, more people who have high cholesterol are having a hard time sticking to a specific low cholesterol diet. But, if the person is really determined to lower his/her cholesterol levels, a low cholesterol diet can be easy to follow given the wide variety of foods available. In fact, more and more food manufacturers come up with foods that have low cholesterol content so if you are out shopping grocery items, take the time off to look at the labels. Here are additional tips to make a low cholesterol diet successful: 1. Load on lots of fruits and vegetables because these are low in calories, cholesterol, and fat. 2. Lower your intake of saturated fats-or the foods that contain these-to lower the possibility of developing heart diseases. 3. Take note of "trans-fatty" elements that are usually found in partially hydrogenated vegetable oils like margarines and shortenings because they increases blood cholesterol levels the way saturated fat does. 4. Consume foods that use whole grain foods instead of those that contain white flour. 5. Compared regular, full-fat dairy products, opt for low fat or skimmed ones. These are not only good for your cholesterol level but also for your weight as well. 6. Choose lean meats like turkey and chicken meats instead of red meat because it is closely-associated with decreasing cholesterol levels. 7. Use olive and canola oils when cooking instead of using cooking oils because these are lower in monounsaturated fats that help lower cholesterol levels.

### About the Author

Diets graphic. With a myriad of diet options around, you need this handy guide for working out which one is best for you.

Source: <http://productsherbal.com>