

Lower Your Cholesterol Diet Plan

Having a good lower your cholesterol diet plan is important if you have high cholesterol and you would like to lower it. But first, what are the benefits of lowering your cholesterol level? You will greatly reduce your risk of having a heart attack or stroke. With the reduction of cholesterol in your body, the formation of new plaque in your arteries will be reduced. This is important because if the plaque buildup in your arteries increases, the arteries may rupture and cause possible death. The lower your cholesterol diet plan includes food to avoid and food to eat. Food to avoid include: 1. sugar and alcohol as both of them contribute to weight gain which causes high cholesterol 2. processed food and food with high sodium content. Some people with high cholesterol also suffer from high blood pressure. Lowering the consumption of sodium helps keep the blood pressure within normal limits. Stay away from products with 300mg or more sodium per serving. 3. white bread and pasta. In place of them, eat more complex carbohydrates like berries, barley, and bulgur. 4. most commercial baked goods (cookies, crackers, cakes), doughnut icings and fast foods. They contain trans fats that increase cholesterol level. 5. meat, meat, meat, and more meat. It is good to eat meat in moderation, but do stay away from fatty meat. Food to eat include: 1. high fat fish like salmon, herring, mackerel and albacore tuna. Try to eat them twice a week. These fish contain Omega-3 fatty acids which have been found to lower LDL (bad cholesterol) and triglycerides and increase HDL (good cholesterol). To prevent mercury poisoning, do not eat too much of these fish. Consider buying capsules of fish oil. 2. fruits and vegetables. The fiber in fruits and vegetables are not only good for reducing cholesterol; fruits and vegetables also contain different vitamins and minerals you will need. 3. legumes, oats, barley brown rice, apples and carrots because they contain soluble fiber which has been found to lower cholesterol levels in the blood. 4. olive oil - it has been known to lower cholesterol level. While this is not an exhaustive list, it is a good place to start. Remember to throw in a consistent exercise plan and your lower your cholesterol diet plan will help you lower your cholesterol real fast!

About the Author

Central repository of information and links pertaining to the study of the origins and evolution.

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