

NOVEMBER WELLNESS:

LIFESTYLE CHANGES FOR IMPROVING CHOLESTEROL



By incorporating some healthy lifestyle changes, you may be able to improve your cholesterol.

These lifestyle changes may help keep you off medication. In addition, if you are already on medication for cholesterol, the lifestyle changes can assist with the effectiveness of the medication in lowering your cholesterol. Either way, these changes will be a benefit for your health.

Here are 2 of the 5 lifestyle changes outlined in an article by the Mayo Clinic Staff:

1. “Eat heart-healthy foods.”

- **Reduce saturated fats:** Low-density lipoprotein (LDL) cholesterol (known as the “bad” cholesterol) can be reduced by decreasing the amount of saturated fats that you consume. Saturated fats are found primarily in red meat and full-fat dairy products.
- **Eliminate trans fats:** Avoid trans fats or “partially hydrogenated vegetable oil” in foods. These products, such as margarine, store-bought cookies, crackers and cakes, raise overall cholesterol levels.
- **Eat foods rich in omega-3 fatty acids:** These foods, such as salmon, mackerel, herring, walnuts and flaxseeds, have healthy heart benefits such as lowering blood pressure.
- **Increase soluble fiber:** Foods with soluble fiber, such as oatmeal, kidney beans, Brussels sprouts, apples and pears, can help by reducing the absorption of cholesterol into your bloodstream.
- **Add whey protein:** Many of the health benefits of dairy products may be linked to whey protein. Whey protein as a supplement has been shown to lower blood pressure and LDL cholesterol, and overall cholesterol levels. *(always check with your doctor before taking supplements)*

2. “Exercise on most days of the week and increase your physical activity.” It has been shown that high-density lipoprotein (HDL) cholesterol (known as the “good” cholesterol) can be increased with moderate physical activity.

- The recommended amount of exercise for adults is at least 30 minutes/5 times per week of moderate-intensity exercise, or 20 minutes/3 times per week of vigorous aerobic activity. *(always check with your doctor before beginning an exercise program)*
- Incorporating simple means of physical activity during the day, such as taking a walk during lunch or playing a favorite sport, can help in losing weight and keeping you active.

To learn more about these 2 habits and the additional 3 lifestyle habits outlined by the Mayo Clinic Staff, which are: “Quit smoking” “Lose weight” and “Drink alcohol only in moderation”, click here:

[Top 5 Lifestyle Changes to Improve Your Cholesterol](#)