

How can I improve my Cholesterol Level?

Studies highlighted the noticeable fact that excess of cholesterol levels and other fatty deposits in artery walls could cause heart and blood vessel disease. The blockage of arteries reduces the blood flow and causes chest pain. Moreover, blood clots in an artery can increase the risk of heart attack and brain stroke. Medications can improve your cholesterol level in the body, but you know that prevention is better than cure. For this, you should make lifestyle changes to maintain the cholesterol level required for a healthy body. To get the desired cholesterol level results, you are recommended to take a nutritious diet, maintain a healthy weight, remain physically active, and avoid smoking. According to your physical condition, the doctor can better guide you about the plan to improve the cholesterol level in the body. You must follow the doctor's plan and discuss any concerns you have regarding it with him.



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Tips for Healthy Diet

- **Eat heart-healthy foods:** You are recommended to take a variety of foods having less saturated and trans fats such as:
 - Fruits and vegetables
 - Grain foods such as grain bread, cereal, pasta, and brown rice
 - Fat-free or low-fat dairy products
 - Skinless chicken and lean meats
 - Fatty fish such as salmon, trout, albacore tuna, and sardines
 - Unsalted nuts, seeds, and dried beans or peas
 - Nontropical vegetable oils such as canola, corn, olive, or safflower oils



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- **Avoid to eat:** You are recommended to avoid the following edible products that contain high levels of saturated and trans fats to reduce the excess of cholesterol level in a body;
- Foods having an excess of salt
- Sweets and beverages
- Red and fatty meats such as lamb and pork
- Full-fat dairy products such as milk, cream, ice cream, butter, and cheese
- Baked food items such as cakes, donuts, pastries, and cookies
- Foods consist of hydrogenated oils

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Cooking Tips:

- Use a variety of fruits and vegetables in your regular meals.
- Always drain off the fat when you take broiled, roasted, or baked products such as poultry or meat.
- Take the leaner cuts of meat.
- Use egg whites only.
- Avoid pan-frying; preferably, take the broiled or grilled items.
- Remove the visible fat and skin from meat and poultry before cooking.
- Use vegetable oil instead of butter or any other fatty oil.
- Take higher-calorie dishes in small portions.
- Use low-fat and low-salted items.



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