



# Top 10 Tips to Lower Cholesterol



## B-SWEL Top Ten Tips Series

**High cholesterol can be managed. Your risk for developing heart disease or having a stroke increases as your cholesterol levels rise. People who adopt healthy lifestyle habits, take their medication, and get tested regularly can lower their cholesterol. Talk to your doctor to learn how you can best manage your cholesterol.**

### 1 Eat more fiber

Soluble fiber helps lower blood cholesterol and is found in many foods including oats, beans, peas, nuts, & most fruits. Aim to eat between 25 g (women) and 38 g (men) of fiber per day.

### 2 Focus on good fats

Eat foods rich in healthy polyunsaturated and monounsaturated fats to lower your “bad” LDL cholesterol and raise your “good” HDL cholesterol. Nuts, fatty fish, avocados, and liquid vegetable oils all contain healthy fats.

### 3 Limit bad fats

Eat fewer products with high amounts of saturated fat like red meat, butter and high-fat dairy products. Completely avoid products with trans fat like pie crusts, donuts, crackers, French fries, and some margarines.

### 4 Maintain a healthy weight

Excess weight increases levels of LDL cholesterol in your blood. Talk to your doctor to learn how you can reach and maintain a healthy weight.

### 5 Get tested regularly

It’s important to get your cholesterol checked at least once a year. LDL cholesterol of less than 100 is the goal.

### 6 Go lean on protein

Eat more lean meats like fish, chicken, and turkey and less red meat to lower your saturated fat intake. To maximize the benefits, trim off all visible fat and drain away fat after cooking.

### 7 Get moving

Exercise helps increase levels of “good” HDL cholesterol in the blood. Work up to 30 minutes of exercise, most days of the week. Check with your doctor before starting any exercise plan.

### 8 Read food labels

Learn how to read a nutrition fact label and ingredients list to help identify amounts of fat, sodium, fiber and sugar in the foods and beverages you consume.

### 9 Stop smoking

Smoking significantly decreases your “good” HDL cholesterol levels. Grab some family and friends for support and get the help you need to quit your smoking habit. [www.nyc.gov/nycquits](http://www.nyc.gov/nycquits)

### 10 Talk to your doctor

Lifestyle modifications may not be enough to lower your cholesterol and you may need to start taking medication. Talk to your doctor to develop a treatment plan that works for you.

**Disclaimer: Talk to your doctor before adopting any of these tips. They should not be used in place of advice from your doctor.**