

Eat to Lower Your Cholesterol: Health Made Doable

Sponsored by



Resources

Heart Disease Risk Calculators



AHA



ACC

CardioSmart.org



Heart Health Habits

- Eat more fruits & vegetables
- Eat more legumes & whole grains
- Cut back on high-fat meat & dairy
- Limit salt intake
- Limit sugary beverages
- Exercise regularly
- Stay connected
- Don't smoke
- Keep blood pressure controlled
- Take lipid-lowering medication if recommended by your doctor

www.EatGreensWithDrBlack.com

Eat Your Greens



with Dr. Black

Easy Tips to Lower Your Cholesterol

Sponsored by



Beans

- Contain fiber and protein
- ~5-10% LDL reduction in diet studies
- ½ cup cooked daily — add to soups, salads, tacos

Apples

- Pectin (soluble fiber) helps pull cholesterol from the body
- 2 apples or 12 dried apple rings a day lowered LDL ~20% in studies

Nuts & Seeds

- Rich in plant sterols that help lower LDL
- ~5-7% LDL reduction with regular intake
- Small handful of nuts or a Tbs of flax and other seeds sprinkled on meals

Psyllium Husks

- Excellent source of soluble fiber
- 1-2 Tbsp daily may lower LDL ~10%
- Add it to smoothies and baked goods like pancakes, muffins, and cookies

Reduce Saturated Fat

- Raises LDL by slowing liver clearance
- Replacing it can lower LDL ~8-10%
- Swap butter, coconut oil, and red meat for beans, fish, nuts, or olive oil
- Avoid processed meat like bacon, hot dogs, and sausage

Garlic

- ¼ clove or ⅛ tsp of garlic powder daily can drop LDL up to 5-10%



Eat Your Greens



with Dr. Black