Low Cholesterol Diet

Lowering your cholesterol is important; increased cholesterol levels lead to a higher risk of heart attacks and strokes. Cholesterol is a waxy, fat-like substance that your body needs. When you have too much cholesterol in your blood, it can build up on your artery walls. **Too much cholesterol puts you at risk for heart disease and stroke**, two leading causes of death in the United States. But you can take steps to manage your cholesterol levels and lower your risk.

Treating High Cholesterol

If your cholesterol is high, the first step of treatment is a diet with reduced saturated fat and cholesterol. To reduce fat in your diet, try to limit red meats such as beef, pork, and veal while increasing chicken, turkey and fish consumption. Try to eat baked or broiled foods and avoid fried foods. Substitute low fat or fat free products for whole milk products.

LDL vs. HDL

LDL is (low-density lipoprotein cholesterol, also called "**bad**" cholesterol)

-LDL is called "bad cholesterol" because it takes cholesterol to your arteries, where it may collect in artery walls. Too much cholesterol in your arteries may lead to a buildup of plaque This can increase the risk of blood clots in your arteries.

HDL (high-density lipoprotein cholesterol, also called "good" cholesterol)

-HDL transports cholesterol to your liver to be expelled from your body. HDL helps rid your body of excess cholesterol so it's less likely to end up in your arteries.

roup	or lowering Cholesterol	ds for lowering Cholesterol
nd Grains	- Oats - Barley - Whole Grains - Beans - Legumes - Nuts - Soy Beans	- White Bread - Regular pasta noodles - White Rice - Bakery Breads - Cashews
bles and Fruits	- Eggplant - Okra - Apples - Grapes - Strawberries - Citrus Fruits - Cabbage - Blueberries - Avocados - Carrots	- Peas - Vegetable oils - Potatoes
	- 1% Milk - Skim Milk - Low Fat cheese - Greek Yogurt	- Whole Milk - Full fat cheese - Creamed Ice-cream - Excess amount of dairy - Cream Cheese
	- Salmon - Fish - Shellfish - Lean Meat	- Full Fat Beef - Red meat - Lamb - Pork - Lard

Sources: https://www.cdc.gov/cholesterol/facts.htm