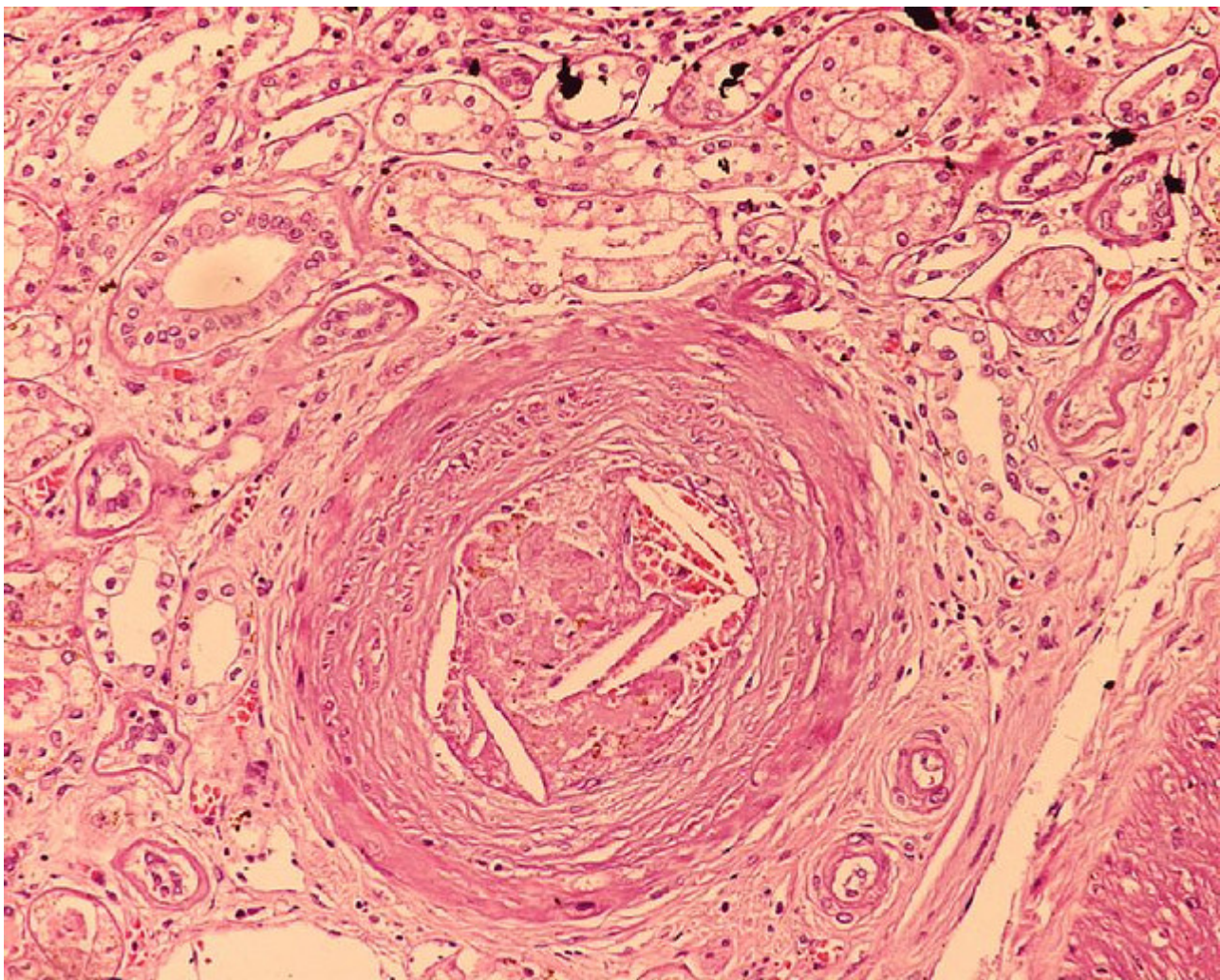


Change your Diet to Lower your Cholesterol

High cholesterol in the blood can trigger a stroke and heart disease. For some people lowering your cholesterol is just a matter of changing your diet. Others may need to take prescribed medications in addition to a diet. You can save your life by lowering your cholesterol.

There is a difference between changing your diet to lose weight and changing your diet to lower your cholesterol level. Losing weight will definitely improve your health but you need to monitor your diet to eliminate foods that cause high cholesterol levels.



All because you are maintaining your diet doesn't mean get rid of the foods you enjoy. There are plenty of foods that are

good and healthy for you. For example, you can eat five or more servings per day of fruits and vegetables. Six or more servings per day of Grain food products. Also you can consume 6 ounces per day of skinless poultry and lean meats. You can eat Low fat or no fat milk, peas, beans, limited amounts of nuts and seeds, and 2-3 servings per week of baked or broiled fatty fish. Use vegetable oils such as corn or olive oils when preparing or cooking foods. You can use different herbs and spices to give your food great flavor.

To lower your cholesterol there are different foods that you can eliminate from your diet. Avoid ice cream and whole milk. Also avoid egg yolks, butter, cheese and the foods that contain them you can remove them from your diet as well. Avoid organ meats such as liver, high fat processed meats such as hot dogs and sausages and limit your consumption of fried foods.



To eat healthy you have to know how to change your diet and

prepare your foods. If you can't lower your cholesterol by your diet and exercise, you may be prescribed medication by your physician. Your quality of life will improve and your risk of other health problems will reduce if you lower your cholesterol by eating healthy. High cholesterol is a serious health issue and you can reverse it and avoid health problems if you take action to fix it.

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