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Low Cholesterol Diet

By Julie Hart

A low cholesterol diet could save your life because having a high cholesterol level leads to extremely serious heart conditions. High cholesterol is therefore a very serious problem for a lot of people. If you are suffering from high cholesterol you should consider a low cholesterol diet.

Of course, the first thing you should consider is talk to your doctor. Depending on your age, family history, and how high your cholesterol really is, you may need to be on medication and take more serious steps toward reducing your cholesterol. When your doctor determines that you should be on medication, he or she will probably also recommend both frequent exercise and a low cholesterol diet.

For a long time it was thought that high cholesterol was caused primarily by eating too many fatty and high cholesterol foods – for more information see

www.diet.ie

We now know that this is not really true.

Cholesterol has more to do with genetics and your level of activity (or inactivity) than your diet. However, diet still is an important aspect of your cholesterol, and a low cholesterol diet is an effective compliment to exercise and today's medications.

A low cholesterol diet should be focused on several things. The most obvious being avoiding too much cholesterol in what you eat. This is a bit more complicated than it sounds, however, because you want to avoid 'bad' cholesterol or LDLs (which stands for low density lipoproteins). HDLs (high density lipoproteins) are a 'good' form of cholesterol that you actually want to eat plenty of.

Most foods that are high in saturated fat are also high in LDLs. Fatty meats, butter, lard, heavy pastries, greasy sauces, these kinds of things all are high in LDLs and should be avoided or eaten in small quantities if you are on a cholesterol diet.

Diets low in saturated fat and cholesterol and high in fiber are associated with a reduced risk of certain

Low Cholesterol Diet

cancers, diabetes, digestive disorders, and heart disease. Diets that low in fat and rich in fiber—containing grain products, fruits, and vegetables may help to reduce the risk of some types of cancer. Diets low in saturated fat and cholesterol and rich in fruits, vegetables, and grain products that contain fiber, particularly soluble fiber, may reduce the risk of heart disease

Ask your doctor or a nutritionist about foods high in HDLs, as there are lots of them. Some nuts, avocado, and dark chocolate are some examples. Even more important than eating lots of HDLs is getting plenty of fiber in your food if you are on a low cholesterol diet. Fiber is a proven way to lower cholesterol, so you should round out any low cholesterol diet you try with plenty of roughage ie; salads and stringy green stuff minus the ranch dressing. Oatmeal or anything with oats or whole wheat is great for fiber. If all else fails, there's always fiber supplements, but its better to get it from food.

Julie Hart is a freelance writer, her latest article is

Low Cholesterol Diet

for

Diet and Weight Loss

Control Cholesterol Naturally

By P. Mehta

Blood Cholesterol is produced by our body for several purposes. In some people it is produced more than is required by our body, especially when the diet contains saturated fats. Saturated fats in the diet force the body to make too much cholesterol. The cholesterol may become high when our diet is rich in saturated fats that are found only in animal products. Plant foods do not contain any cholesterol, but the animal foods are loaded with cholesterol and fats. Most of the fast foods are very rich in fats, monounsaturated fats. If you eat lot of meats and fast foods, then the chances are that you have high cholesterol. You should get your blood cholesterol checked. Remember that without your blood cholesterol report, you can not know if you have high cholesterol.

Blood cholesterol can be both good and bad. There are two types of cholesterol: LDL (low density lipoprotein) cholesterol & HDL (high density lipoprotein) cholesterol. The LDL cholesterol is known as "bad cholesterol" because it gets deposited on the walls of the arteries as plaque, and restricting the flow of the blood. The HDL cholesterol, known as the "good cholesterol" helps remove the plaque from the arteries. Both the types of cholesterol are produced by our body for certain functions and are always present in our blood. The problem arises when the cholesterol is produced more than is required by our body. The following are the desirable levels of cholesterol in adults: Total Cholesterol: below 200 mg/dl LDL cholesterol: less than 130 mg/dL HDL cholesterol: more than 35mg/dL

HDL cholesterol of less than 35mg/dL is a risk factor for heart disease, even if your total cholesterol is within limits. Both LDL and HDL cholesterol can be improved with regular exercise and eating low fat cholesterol friendly foods.

Low Cholesterol Diet

To take better care of your heart and reducing your risk for heart attack, you must understand the complete facts about cholesterol and how to control cholesterol.

Note that you do not always need to take medication for controlling your cholesterol. There are several natural heart friendly foods that are good for controlling cholesterol without any medication. Good eating habits and some exercise can control your cholesterol and triglycerides naturally.

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This article has been written by

<http://www.fatfreekitchen.com>.

For more information on how to control

cholesterol naturally, visit the web site

<http://www.fatfreekitchen.com/lower-cholesterol.html>

Please

note that this article is not a substitute for medical advice.

Control Cholesterol Naturally

5 Simple Steps to Lower Your Cholesterol Level

Lipidyn Lowers Cholesterol

When Lifestyle Changes Are Not Enough: High Cholesterol May Not Be Your Fault

What Is Cholesterol

Beat that Fat

30-Day Low Carb Diet 'Ketosis Plan'

1000 Atkins Diet Recipes

Recipes from the Heartland

Obesity and Weight Loss



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