

This information is forwarded by the **Love Thy Neighbor Ministry** at Saint Rose of Lima Catholic Church, Milton FL.
Source of Information: The Catholic Foundation of Northwest Florida. Due to the many references, some may not be current but have many useful reference sources. Emails are sent using the Blind Carbon Copy (BCC) method.

This quality of life series focuses primarily on senior citizens plus other supplemental information. You do not have to be a Senior to make use of this information. If you know of a Senior, a parishioner or a neighbor who could use this information you are invited to give them a copy of this email. Fellowship through improved communications is guided by the second greatest commandment. Sometimes an act of kindness can be as simple as a phone call, a visit, or receipt of an email.

Suggestion: Create a separate folder for this information for ease of reference.

For information about our Parish, click on the following link: <http://parishesonline.com/scripts/HostedSites/Org.asp?ID=14423>

Our parish spirit is rising, is rising.

Cholesterol Lowering Foods

http://www.legacygifts.org/savvy_senior.jsp?WebID=GL2004-0129&D=200853

Dear Savvy Senior

Are there certain kinds of foods a person can eat to help lower their cholesterol?

- Cholesterol Concerned

Dear Concerned

What you eat can actually play a huge role in lowering your cholesterol, and for many, it may even eliminate the need for cholesterol-lowering medication.

Know Your Numbers

As you may already know, your cholesterol level is the amount of fat in your blood. If it's too high, you're at a greater risk of having a heart attack or stroke. Ideally, you want your total cholesterol reading (that includes your LDL and HDL cholesterol) to be below 200, and your "bad" LDL cholesterol below 129 - less if you're at risk for heart disease. If your total level hits between 200 and 239, or your LDL reaches 130 - 159 you're considered borderline high. And if your total is above 240, or your LDL is over 160 you have high cholesterol.

On the other hand, a higher number is better when it comes to the "good" HDL cholesterol. Most men range between 40 and 50 HDL, and women range between 50 and 60. Anything below 40 (for men) and 50 (for women) is too low, and anything above 50 (for men) and 60 (for women) is great, because it provides extra protection against heart disease.

Cholesterol-Lowering Foods

Lot's of research over the past few years has shown that certain foods can help lower your LDL cholesterol and/or boost your HDL, including:

Oatmeal and oat bran:

Loaded with soluble fiber, oatmeal or oat bran is a great way to start the day and shave five percent off your LDL. Five to 10 grams per day are recommended. Other good sources for soluble fiber are apples, pears, prunes, citrus fruits, kidney and lima beans, barley, psyllium, carrots, broccoli and brussels sprouts.

Nuts:

Studies have also shown that a daily dose of walnuts and almonds can lower your LDL by 10 percent, and raise your HDL by as much as 20 percent. Peanuts, hazelnuts, pecans, some pine nuts, and pistachios have also been shown to lower cholesterol. But be careful. Nuts are high in calories, so a handful (no more than 2 ounces) will do. The best way to add nuts to your diet is to substitute them for foods that are high in saturated fats like cheese and meat. That way you're gaining the benefits of nuts without adding more calories.

Sterols and stanols:

These are substances found in plants that help prevent cholesterol from being absorbed into your bloodstream. A recommended dose of two grams per day can help knock 10 percent off your bad cholesterol level. The best way to get these substances is to consume store-bought foods that are fortified with sterols or stanols including certain orange juices, yogurts, breads, cereals, granola bars, cooking oils, salad dressings, margarine spreads and more. Check the labels to find products that contain sterols or stanols and watch out for high calories.

Fish:

Rich with omega-3 fatty acids, eating fatty fish (mackerel, lake trout, herring, sardines, salmon and albacore tuna) a few times a week can help boost your good HDL cholesterol by as much as 10 percent, not to mention lower your triglycerides and blood pressure, and reduce inflammation. If you don't like fish, other food sources that provide omega-3s are walnuts, soybeans, flaxseed and canola oil, or take a fish oil supplement.

Olive oil:

Contains a potent mix of antioxidants that can lower your LDL without affecting your HDL. A good way to work olive oil into your diet is to substitute it with butter or other cooking oils, or mix it with vinegar as a salad dressing. About two tablespoons a day are recommended.

Other Tips

Additional lifestyle tips that can help lower LDL and raise HDL include: reducing the saturated fats (fatty meats, butter and whole dairy products) and trans fats (found in store-bought cookies, cakes, crackers and many fried foods like french fries) you eat, lose excess weight (even 5 to 10 pounds can make a difference), exercise regularly (at least 30 minutes, five day per week) and quit smoking.