

SEPTEMBER

National Cholesterol Education Month

High cholesterol is a risk factor for heart disease and stroke.

High cholesterol affects nearly 1 in 3 Americans.

Cholesterol is a fat-like substance in your blood. Over time it can build up in the walls of the arteries. Cholesterol can cause arteries to become narrower, and blood flow to the heart can slow down or become blocked.

This is a great time to get your blood cholesterol level checked and to take steps to lower it if necessary!

Often lifestyle changes such as increased physical activity and smoking cessation can help lower cholesterol.

Dietary changes can help too! Avoid too much salt and sugar, fatty meats, and packaged snacks. Add cholesterol lowering food to your daily diet.

Call your **Care Coordination team** at caremanagement@highcarehealth.com for more information on how to lower cholesterol. **We can also help you schedule a cholesterol screening appointment!**

Check out some delicious cholesterol lowering food below!





Fatty fish such as salmon is a wonderful source of omega-3 fatty acids. Omega 3s can improve heart health by increasing “good” HDL cholesterol and lowering inflammation and stroke risk. For maximum health benefits, cook fish by baking, steaming or stewing.



Vegetables are high in antioxidants and fiber. Some veggies, including potatoes, okra, carrots and eggplant, are also high in pectin. Pectin is a cholesterol-lowering soluble fiber. Also, the many plant compounds in vegetables provide protection against heart disease. And remember to include in your meal plan dark, leafy greens and peppers.



Extra virgin olive oil, a wonderful source of antioxidants and monounsaturated fatty acid, may help raise “good” HDL cholesterol and lower “bad” LDL cholesterol.



Dark chocolate with its high flavonoid content has been shown to lower “bad” LDL cholesterol. Flavonoids are chemicals that protect against coronary heart disease. Choose dark chocolate with a cocoa content of 75% or higher for this health benefit.



Include healthy whole grains and nuts into your meal plan. Nuts, including walnuts and almonds, contain protein, fiber, vitamins, minerals, antioxidants and heart-healthy monounsaturated fat. Also linked to a lower risk of heart disease are whole grains, particularly oats and barley. They contain beta-glucan, a soluble fiber effective at lowering “bad” LDL cholesterol.



Fruit, rich in soluble fiber, is an important part of a heart-healthy diet. Soluble fiber helps lower cholesterol levels. Fruit also contains antioxidants and anti-inflammatory compounds.