



Low Cholesterol Diet Plan Pdf

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Fortunately, if you have high blood cholesterol, there are steps you can take to lower it and protect your health. This booklet will show you how to take action by following the “TLC Program” for reducing high blood cholesterol. Understanding and improving cholesterol is important for men, women and children of all ages. High cholesterol contributes to a higher risk for cardiovascular diseases (CVD), such as heart disease and stroke. What Are Cholesterol and Triglycerides? Cholesterol is a waxy, fat-like substance your body produces naturally. May 20, · You can lower your cholesterol levels naturally by choosing a diet rich in fiber from plant foods such as fruits, vegetables, whole grains, beans, legumes, nuts, and seeds as well as foods low in saturated and trans fats. Working with a Registered Dietitian (RD) is a great way to make sure you’re eating the ideal diet to lower your cholesterol. Fortunately, if you have high blood cholesterol, there are steps you can take to lower it and protect your health. This booklet will show you how to take action by following the “TLC Program” for reducing high blood cholesterol. Jun 5, · Learn how to lower cholesterol with a Mediterranean-style diet and a sample 7 day plan. Find out which foods to eat and avoid, and get a PDF of the menu to follow. Whisk together the orange juice, zest and oil. Toss through the salad, and season. / Drain the jar of artichokes, reserving tbsp of oil. Add the oil, sun-dried tomato paste and vinegar and stir until smooth. Season to taste. bowl. Add the cannellini beans, tomatoes, olives, spring onions and half of the feta cheese.