

Diet and Controlling High Cholesterol

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Other services: Free literature, HealthNotes computer, Health/Nutritional books.

Normal values for Cholesterol Blood work:

Total Cholesterol (TC)	200 mg/dl or less
HDL	45 mg/dl or higher
TC/HDL Ratio	4.5 % or less
Triglyceride	150 mg/dl or less
LDL	130 mg/dl or less

Definitions:

TC - measure of total amount of cholesterol in your blood at a given time

HDL (high density lipoprotein)- so called "good" cholesterol because it helps clear excess lipids (fat) from the arteries.

TC/HDL Ratio- compares the total cholesterol and to HDL.

LDL (low density lipoprotein)- considered the "bad" cholesterol because it contributes to the buildup of fat deposits on the arterial walls.

Triglyceride- made of fatty acids and glycerol.

Dietary Changes

- 1) Eating animal foods that contain saturated fat is linked to high cholesterol
Examples of high saturated fat foods: beef, pork, veal, poultry, butter, ice cream, cheese and other dairy products not labeled "fat free"
- 2) Coconut and palm oils contain saturated fat.
- 3) Some research suggest yogurt and fermented milk lower cholesterol.
- 4) Consuming fish has been reported to raise HDL cholesterol.
- 5) Eggs contain cholesterol but do not raise cholesterol levels as much as a diet high in saturated fat.
- 6) Some studies report that soluble fiber (beans, oats, psyllium seed) can lower cholesterol. Flaxseed can lower LDL.
- 7) Soy (Tofu, tempeh, miso, soybeans) can lower total and LDL cholesterol.
Results have been seen with 30+ grams of soy protein in a day.
- 8) Boiled or French pressed coffees increase cholesterol.
- 9) Moderate alcohol (one or two drinks per day) consumption can increase HDL cholesterol.
- 10) Olive oil lowers LDL, especially when it replaces saturated fat in the diet.
- 11) Garlic may help lower cholesterol. It is a blood thinner.
- 12) Eating small meals (grazing) rather than three large meals can lower cholesterol

Lifestyle Changes:

- 1) Exercise can increase HDL
- 2) Weight gain lowers HDL, weight loss raises HDL
- 3) Smoking lowers HDL