

# Choosing The Right Food For Lowering Cholesterol

Contributed by Webmaster

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Almost everybody knows the effects of bad cholesterol in the body. By bad cholesterol, it literally has to do with low-density lipoprotein's molecular transport deposits that thicken in the walls of the arteries hindering the flawless passage of blood affecting the atherogenic status of the arterial walls. While few people do not fully appreciate the importance of cholesterol in the body, this non-soluble waxy substance is essential to aid in building membranes, manufacture of bile, cell walls, nerve sheaths, and produce hormones.

However, exposing the body to high cholesterol supply result to hypertensions and other cardiovascular disorders or lead to atherosclerosis, a disposition of fatty substances, and fibrosis of the inner arteries.

Certain ways to check and reduce high levels of cholesterol are \*practicing good eating habits accompanied by regular exercise. \*Indulging in a wrong kind of lifestyle or over indulgence enhances the rise in cholesterol levels.

Good Eating Habits include:

1. Pre-arranging a total cholesterol-free daily diet by creating a whole week menu with vegetable-packed recipes, accompanied by good supply of fiber-filled fruits. If you could possibly buy or produce organically produced food types from such sources as organic gardens, so much the better. Chemicals enhance the increase in cholesterol level. Carbohydrates should be of high complex standards.

Some supermarkets abound in the availability of fresh organic vegetables like lettuce. The high fiber-content of vegetables that you eat will reduce the LDL cholesterol, because these foods are very low-cholesterol-content, or non-containing at all. There are of course foods that enhance low-density lipoprotein to develop to be a total risk, and settle in the arteries during the process of the lipoprotein molecules travel to the blood stream.

2. If egg is included in your meals, eat more egg white, never the egg yolk if you're already an LDC possibility-individual. Concentrate on baked foods that are made from whole wheat, and noodles made from cereals. Use unrefined sugar in your light beverages. Fully refined food preparations are processed thru certain chemicals for fine or whitening effects for marketing ends, but are in fact health hazards.

3. Water is the universal solvent. There is no harm in drinking more water, following the daily water requirements standard to aid in the total digestion process to balance body equilibrium in cleaning the body to improve blood circulation.

4. Eat more root crops than artificially made or baked foods that are prepared with certain additives, coloring, and extenders for commercial purposes.

5. Drink fresh fruit juices, instead of manufactured soft drinks with high sugar content and artificial colorings and additives. Practically, anyone who drinks chocolate beverage, or any chemical drinks and caffeine-filled, like strong coffee risks himself or herself to certain cholesterol levels.

Always remember that trans fats and hydrogenated fats or oils used in the baking or in food processing are even more destructive than saturated fats of some oil origin. Use in preparing your food selected palm oils, especially "olive oil." It may be costly, but it is the safest oil to use in the kitchen for overall safety of all family members against the ill effect of too much cholesterol.

The best habit to consider is a regular check up of your cholesterol count, so as to safeguard against instant increase that might lead to unaware possible consequence of a fatal hypertension, or stroke due to unprecedented cholesterol rise.

To read about high cholesterol foods and normal cholesterol levels, visit [Cholesterol Guidelines](#).

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