

Some Foods That Help Lower Cholesterol

Contributed by Webmaster

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Reality shows are one of the biggest things people watch on television. This is because the events that happen are not scripted and naturally unfold in front of the viewer. One show that is helping people want to become healthy again is the biggest loser.

The contestants are a bunch of overweight men and women who work out and go on a diet and at the end of the week; one of these players will be eliminated. The person who loses the biggest number of pounds after a three-month campaign will win \$250,000 and have a second chance of living a healthy life.

The individual doesn't have to fight for money in order to make some lifestyle changes. As the saying goes. 'health is wealth' and this is something more precious than any sheet of paper with a dollar sign has to offer.

People are able to burn more calories while exercising. This means the body will burn the food eaten and this has to be replaced so there is energy after to do other functions. The individual should get a meal that has the right amounts of carbohydrates, proteins and fats so this can repair damaged tissue, refuel and lower the body's cholesterol.

Here are some examples of food that should be eaten after a workout.

Eating bread has been known to replenish the energy lost after a workout. Since this has certain ingredients that are high in bad cholesterol, this can be substituted for wheat bread that is much healthier. Nuts can also help lower the cholesterol and getting some low fat peanut butter will surely make a great sandwich.

Having a fruit is also good to lower the cholesterol. It is advisable to eat as a whole instead of taking away the skin or turning this into a juice. Studies have shown that eating it the way it is keeps the natural fibers that are good for the person. An apple is just one of many fruits that can be eaten once it has been washed.

If the person wants to save some money after going to the gym, it is best to pack some snacks that can be consumed after a workout. Cutting some carrot sticks or slicing a few tomatoes then packing it in a plastic container will come in handy after taking a shower and reporting for work or when going home.

When the person comes home, it is time to prepare something that can provide better sustenance. An example could be having some fish or chicken thrown into the microwave or having it steam. Studies have shown that frying using cooking oil also increases the person's cholesterol level so cooking it in another manner can reduce this.

Having some vegetables along will help make this a healthy meal. Some garlic and onions can be prepared since studies have shown this to lower the liver's production of cholesterol. The serving for tonight can end with some yogurt for dessert leaving the individual satisfied and light.

Lowering the cholesterol will not happen overnight. By observing a proper diet with exercise, the individual will be able to lose weight and cut down the cholesterol levels that puts the person in potential danger of high blood pressure, a stroke

or a heart attack.

Visit [Cholesterol Guidelines](#) to learn about normal cholesterol levels and high cholesterol foods.

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