

Some Food to Consume To Lower Cholesterol

Contributed by Webmaster

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There is a saying that goes. "We are what we eat." This is so true as the food being consumed may affect the cholesterol levels inside the person's system. This makes this makes the person prone to high blood pressure or heart disease through age, which could leave the patient, paralyzed or dead.

The only thing to do before it is too late is to make some changes in the individual's diet. While many of the good stuff that people love to eat have high concentrations of LDL better known as bad cholesterol, this can all change by consuming those that have HDL or good cholesterol. Here are a few examples.

A good way to start a healthy diet is to have a breakfast. Instead of eating bread, the individual can consume oatmeal instead. Studies have shown this can lower the cholesterol in the body by more than 20% after just two weeks of use. This figure can go down some more if this becomes a habit before going to work.

It is tough to just have oatmeal in the morning. Sometimes, the individual can have a fruit. An example could be an apple.

Studies have shown that people who eat at least 2 full apples a day or drink 12 ounces of apple juice are able to reduce the chances of heart diseases by 50%. This can be purchased at the supermarket and eaten during anytime of the day such as dessert after a light meal or as a snack.

During lunch or dinner, the person must have some vegetables in the meal. Those who order can have fish or poultry instead of eating red meat. Such dishes are not high in saturated fats, which are healthier.

Those who love to cook at home can try mixing some healthy things ingredients in the meal. One example is garlic that has natural properties that can declog the arteries and again lower the odds of succumbing to heart disease.

Having a can of pork and beans is also good for the diet. This is because it contains soluble fibers that can combat the bad cholesterol in the person's body. There are not that many people who will do this but those who are able to eat even a half an onion daily will be able to increase the HDL and lower the LDL.

People are often told that fats are not good for the diet. This isn't entirely true because this comes in many forms. There are fats that are healthy such as unsaturated ones and omega 3 fatty acids.

Monosaturated and Polysaturated ones are also effective since these are usually found in cooking oils. This means food preparation also plays a big factor in reducing lowering one's cholesterol levels.

The individual should read the label at the supermarket and read the ingredients to find out if this is healthy for cooking.

Being a bit overweight or noticing a lot of bulges in the body is one way of knowing that the person is potentially at risk

for succumbing to disease to high levels of cholesterol in the system.

If the individual is unable to make a proper dietary plan, a specialist can help make one so all the person has to do is follow it.

Read about cholesterol ratio and low cholesterol foods at the Cholesterol Guidelines website.

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