



HIGH CHOLESTEROL

Lowering cholesterol levels is key for reducing your risk of heart disease and reducing inflammation in the body. Although medication is very helpful for reducing levels, it is never the whole plan. Remember that unhealthy habits are the main cause of high cholesterol including eating a lot of unhealthy fats, processed foods, sugar, and refined flour products, lack of daily exercise, and unmanaged stress. Changing lifestyle habits will be the most impactful way to not only lower your numbers and disease risk but also to feel better!

AVOID/ REDUCE THESE FOODS

- **Refined Vegetable Oils:** soybean, canola, Mazola, corn, sunflower, safflower, grapeseed, etc.
- **Trans fats:** shortening, margarine, buttered popcorn, pastries, powdered creamer, etc.
- **Fried Foods:** French fries, chips, donuts
- **Processed meats,** sausages and deli meats with added preservatives, artificial flavors, etc.
- **Low Quality Saturated fat:** beef, pork, butter, cream, cheese (choose organic if possible)
- **Highly processed Foods:** (check ingredients for oil used): mayo, salad dressings, snacks, desserts, frozen meals, nut butters, sauces, seasonings, etc.
- **Sugar:** sweet drinks, pastries, ice cream, sweetened yogurt and oatmeal, artificial sugar
- **White flour :** bread, pasta, flour tortilla, pastries

THERAPEUTIC FOODS

- **Olive oil-** best used cold or low temperatures
- **Avocado oil-** a neutral oil best used for cooking
- **Avocado**
- **Nuts and seeds:** chia, flax, pumpkin, walnuts, etc.
- **Fatty fish:** Salmon, sardines, anchovies
- **Olives**
- **Coconut** oil and milk
- **Fiber-rich foods:** all vegetables, whole fruit, nuts, seeds, beans, whole grains (not flours)
 - **Aim for 25-35g daily**
- **Colorful plants:** berries, dark leafy greens, broccoli, turmeric, herbs, spices, cacao, green tea, matcha, unsweetened hibiscus tea
- **Eat 2-3 cups of non-starchy vegetables daily.**

LIFESTYLE HABITS



Move your body for at least 30min/day. Walk, lift weights, do yoga, dance, anything helps!



Read ingredient list on packaged foods to avoid refined oils & other unhealthy ingredients



Get 7-9hrs of sleep, practice deep breathing, meditation, or other activities yo help manage stress.



Focus on eating a diet full of colorful plants and whole foods versus processed foods.