



CREATED BY GYMNASIUM

OVERVIEW

Cholesterol is a waxy substance that comes from two sources: your body and food. Your body, and especially your liver, makes all the cholesterol you need and circulates it through the blood. But cholesterol is also found in foods from animal sources, such as meat, poultry and full-fat dairy products. Your liver produces more cholesterol when you eat a diet high in saturated and *trans* fats. Excess cholesterol can form plaque between layers of artery walls, making it harder for your heart to circulate blood. Plaque can break open and cause blood clots. If a clot blocks an artery that feeds the brain, it causes a stroke. If it blocks an artery that feeds the **heart**, it causes a **heart attack**.

The two types of lipoproteins that carry cholesterol to and from cells are low-density lipoprotein, or **LDL**, and high-density lipoprotein, or **HDL**. LDL cholesterol and HDL cholesterol, along with one fifth of your triglyceride level, make up your total cholesterol count, which can be determined through a blood test.

LDL (Bad) Cholesterol

LDL cholesterol is considered the “bad” cholesterol because it contributes to plaque, a thick, hard deposit that can clog arteries and make them less flexible.

HDL (Good) Cholesterol

HDL cholesterol is considered “good” cholesterol because it helps remove LDL cholesterol from the arteries. A healthy level of HDL cholesterol may also protect against heart attack and stroke, while low levels of HDL cholesterol have been shown to increase the risk of heart disease.

Triglycerides

Triglycerides are another type of fat, and they’re used to store excess energy from your diet. High levels of triglycerides in the blood are associated with atherosclerosis. Elevated triglycerides can be caused by overweight and obesity, physical inactivity, cigarette smoking, excess alcohol consumption and a diet very high in carbohydrates.

People with high triglycerides often have a high total cholesterol level, including a high LDL cholesterol (bad) level and a low HDL cholesterol (good) level. Many people with heart disease or diabetes also have high triglyceride levels.

CHOLESTEROL LEVELS IN HUMAN BODY

TOTAL CHOLESTEROL

199mg or Less	Good
200mg – 239mg	Borderline
240mg or More	High

LDL - BAD CHOLESTEROL

100mg or Less	Good
130mg – 159mg	Borderline
160mg or More	High

HDL - GOOD CHOLESTEROL

40mg or More	Good
40mg or Less	High

TRIGLYCERIDES

150mg or Less	Good
150mg – 199mg	Borderline
200mg or More	High

TIPS: DO's & DON'T's

1..Limit your intake of foods full of saturated fats, trans fats, and dietary cholesterol - Foods with a lot of saturated fat include butter, fatty flesh like red meat, full-fat and low-fat dairy products, palm oil, and coconut oil. If you see partially hydrogenated fat in the Ingredient List of a food label, that food has trans fats. Top sources of dietary cholesterol include egg yolks, organ meats, and shellfish. One type of fat – omega-3 fatty acids – are to protect against heart disease. Good sources are cold-water fish like salmon, halibut and sardines.

To help you translate the above guidelines into daily food planning, here are key guidelines: Select non fat dairy foods only, 2 servings daily. Limit your intake of meat, poultry, and fish to no more than 3.5 to 4 ounces per day. From the choices below, which are listed from best to poor, try to select almost always from the top.

Best Choice: Omega-3-rich fish, such as salmon, sardines and trout. Choose at least 2 times weekly. If you're using canned fish, such as canned sardines, or tuna, select very-low-sodium or no-salt-added varieties. Including Flaxseed, chia seed, walnuts, pecans, etc.

Satisfactory Choices: Most other fish including shrimp, crawfish), Poultry (white meat, skinless) optimally free-range and grass-fed

Poor Choice: Red meat (pork, lamb, veal, goat). For all red meat choices, select cuts that are under 30% fat. Red meats are the least desirable choice because they not only tend to have the highest proportion of saturated fats, they are also higher in heme iron, which likely raises the risk of type 2 diabetes and colon-rectal cancer. Drinking whole milk, full fat yogurt, butter, ghee, refined oil, etc.

2. Eat a lot more fiber-rich foods - Foods naturally rich in soluble fiber have proven particularly good at lowering cholesterol. Excellent sources include oats, oat bran, barley, peas, yams, sweet potatoes and other potatoes, as well as legumes or beans, such as pinto beans, black beans, garbanzo beans (white channe/Black channe), and peas. Vegetables rich in soluble fiber include carrots, Brussels sprouts, beets, okra, and eggplant. Good fruit sources are berries, passion fruit, oranges, black grapes, pears, apricots, nectar and apples.

3. Choose protein-rich plant foods - Common legumes include lentils, peas, and beans, such as pinto beans, red beans, white beans, and soybeans. They're full of nutritional riches and are a very healthy, protein-packed alternative to meat. Legumes help lower total cholesterol, LDL cholesterol, blood sugar, and insulin levels, and may even lower cancer risk. Nuts and seeds have been proven to modestly lower LDL cholesterol levels. To avoid blood-pressure-raising salt, choose raw or dry-roasted, unsalted varieties. To avoid gaining weight, don't eat more than 1 ounce daily since nuts and seeds are dense with calories (averaging about 175 calories per ounce).

4. Lose as much excess weight as possible - Losing excess weight is beneficial for all sorts of reasons, from improving your cholesterol profile to preventing diseases epidemic in industrialized societies, including type 2 diabetes, high blood pressure, heart attacks, strokes, gout, and many types of cancer. Do keep in mind that it's important to limit fat intake, even so-called "good" fats like olive oil, because any fat is dense with calories, which means heavy consumption can easily lead to a heavy body. NOTE: The above steps contain the key food groups that have cholesterol-lowering properties.

FOOD TO AVOID	FOOD TO EAT
<ul style="list-style-type: none"> • Whole meat • Mutton • Processed foods • High-fat dairy products like whole fat milk, cheese, butter • Potato chips • Packaged snacks • Candy bars • White Rice • White Bread • Refined Aata • White Naan • Soft Drinks • Packed Juices • Indian Sweets • Deep fried food 	<ul style="list-style-type: none"> • Leafy green vegetables & Lettuce • All Nuts (Peanuts, Almonds, Cashews, Walnuts, etc) • Whole grains • All Seeds (Flaxseed, Sesame seeds, Chia seeds, etc) • Low-fat dairy products • Beans, Channe and peas • Fresh low-sugar fruits (blueberries, raspberries, blackberries, cranberries, pears, melon, grapefruit, apple and cherries) • Whole Grain Bread • Whole Grain Pasta, • Whole Grain Cereal, • Brown Rice, • Whole Wheat Roti • Sweet Potato • Millet • Oats • Quinoa • Eggs • Chicken • Fish • Tofu/Low Fat Paneer • All Vegetables

NUTRITION PLAN

For All Age MEN & WOMEN

UPON WALKING-UP – 7-8AM

½ Clove Garlic on empty stomach

MEAL 1 – BREAKFAST – 8-9AM

OPTION#1	<u>Daliya</u> <ul style="list-style-type: none"> • ½ cup Oats • ½ Apple • 2sp Raisins • 2sp Chia seeds • 2pinch Cinnamon 	ALTERNATES: 1cup Strawberries/Blueberries 2sp Flax seeds or Sesame Seeds
OPTION#2	<u>Muesli</u> <ul style="list-style-type: none"> • 1 cup Muesli (Bagrry's Brand) • 1 cup Non Fat Milk 	ALTERNATES: 1cup Bran Cereals 1cup Whole Grain Cereals 1cup Almond Milk or Soy Milk
OPTION#3	<u>Scrambled Eggs & Toast</u> <ul style="list-style-type: none"> • 2 Egg White • 1 Whole wheat Bread or Roti • 1 Apple 	ALTERNATES: 1cup Cherries 1 Pear

MEAL 2 – AFTERNOON SNACK – 11-12PM		
OPTION#1	Walnuts & Pear <ul style="list-style-type: none"> • 28g Walnuts • 1 Pear • 1cup Indian Tea [5g Stevia] 	ALTERNATES: 28g Almonds/Cashews 1cup grapes/Strawberries 1 cup Green or Herbal Tea
OPTION#2	Nuts & Fruits <ul style="list-style-type: none"> • 1 cup Papaya • 1 cup Guava • 10 Cashews (non salted) 	ALTERNATES: 1 Apple 1cup Berries or Cherries 28g Peanuts
OPTION#3	Almonds & Apple <ul style="list-style-type: none"> • 1 Apple • 10-12 Almonds • 1cup Indian Tea [5g Stevia] 	ALTERNATES: 25g Walnuts/Cashews 10-12 Raisins 1 cup Green or Herbal Tea
OPTION#4	Nuts & Fruits <ul style="list-style-type: none"> • 1 Pear • 1 cup Cherries • 1 Peanuts (non salted) 	ALTERNATES: 25g Walnuts/Cashews 10-12 Raisins 1 cup Green or Herbal Tea

MEAL 3 – LUNCH – 2-3PM		
OPTION#1	Rice Palao <ul style="list-style-type: none"> • ½ cup cooked Brown Rice Add vegetables <ul style="list-style-type: none"> ➢ Peas ➢ Cauliflower ➢ Carrots ➢ Bell pepper ➢ Onion (Add Tulsi) • 1cup Low fat Yogurt (Curd) 	ALTERNATES: ½ Flattened Rice (Poha) Add any other vegetable as well
OPTION#2	Mixed Beans & Roti <ul style="list-style-type: none"> • ½ cup Mixed Beans (Red/Black beans) cooked in olive oil • 1 Whole Roti • Salad <ul style="list-style-type: none"> ➢ Cucumber ➢ Tomato ➢ Onion 	ALTERNATES: 1/2cup brown rice 60g Soy Paneer (Tofu) Add vegetable as well
OPTION#3	Rajma Chawal <ul style="list-style-type: none"> • ½ cup cooked Brown Rice • 1 cup Kidney Beans (Cooked in olive oil) ½ Cucumber	ALTERNATES: ½cup Black Lentil ½cup White/Black Chickpeas cooked in coconut oil
OPTION#4	Egg Bhurji <ul style="list-style-type: none"> • 3 Egg Whites Add 2 cup vegetables <ul style="list-style-type: none"> ➢ Peas ➢ Bell pepper ➢ Tomato ➢ Ginger ➢ Onion • 1 Whole Roti 	ALTERNATES: Tofu or Paneer Bhurji

EXTRA OPTION: You can add 1 plain roti with mixed vegetables or Dal or Channe or Spinach as well

MEAL 4 – EVENING SNACK – 5-6PM		
OPTION#1	<u>Roasted Channe</u> <ul style="list-style-type: none"> 1 cup Roasted White Chickpeas 	ALTERNATES: 1cup Black Chickpeas
OPTION#2	<u>Black Grapes & Orange</u> <ul style="list-style-type: none"> 1cup Black grape 1 Orange 	ALTERNATES: 1cup Pomegranate
OPTION#3	<u>Roasted Soy</u> <ul style="list-style-type: none"> 1 cup Roasted Soy Beans 	ALTERNATES: 1cup Black/White Chickpeas
OPTION#4	<u>Protein Laddoo</u> <ul style="list-style-type: none"> 1 Protein Laddoo** 1cup Indian Tea [5g Stevia] <i>**Recipe is on my Health and Fitness Channel</i>	ALTERNATES: 1 Home made protein bar <i>Recipe is on my Health and Fitness Channel</i>

MEAL 5 – DINNER – 8-9PM		
OPTION#1	<u>Bean Bowl</u> <ul style="list-style-type: none"> ½ cup Kidney Beans 2sp Onion 2sp Tomato 50g Paneer ½ chopped Carrot ½ chopped Cucumber ½ Lemon Little bit cilantro 	ALTERNATES: ½cup Black Kidney Beans ½cup Lentil 60g Grilled Chicken 50g Soy Chunks Add any other vegetable as well
OPTION#2	<u>Roti Roll</u> <ul style="list-style-type: none"> 1 Whole Roti 1cup mixed vegetables <ul style="list-style-type: none"> ➤ Peas ➤ Cauliflower ➤ Carrots ➤ Bell pepper ➤ Onion 	ALTERNATES: ½cup Broccoli Red Bell Pepper Green Beans
OPTION#3	<u>Lentils & Rice</u> <ul style="list-style-type: none"> ½ cup cooked Brown Rice 1 cup Mixed Lentil (Brown, yellow, green) (Cooked in olive oil) Salad <ul style="list-style-type: none"> Cucumber Tomato Onion 	ALTERNATES: ½cup Mushrooms 1 Roti ½ Orange
OPTION#4	<u>Soup</u> <ul style="list-style-type: none"> 1 Bowl Home Made Tomato Soup 2 Boiled Egg Whites 	ALTERNATES: 1 Bowl Chicken Soup

EXTRA OPTION: You can add 1 plain roti with mixed vegetables or Dal or Channe or Spinach as well

WORKOUT PLAN

For MEN & WOMEN – AGE 16 to 40

For GYM WORKOUT Follow:

- 6 Week Shredded
- Muscular 8
- Shredded Next Level
- Get Ripped

For HOME WORKOUT Follow:

- Fit Zone Level 1
- Fit Zone Level 2
- Fit Zone Level 3
- Fit Zone Level 4
- Fit Zone Level 5

For MEN & WOMEN – AGE 40+

1 Hour Out door Walk or on Treadmill Everyday or Gym Workout

NOTE: All programs are available FREE on my “Health And Fitness” YouTube Channel.

NOTE: PRINT OUT THIS PAGE AND FILL OUT THE BODY MEASUREMENTS ON MONTHLY BASIS TO SEE THE PROGRESS

PROGRESS – WEEK 1
DATE: _____
NAME: _____
AGE: _____
CHOLESTEROL LEVEL: _____
LDL : _____
HDL: _____
TRIGLYCERIDES: _____

PROGRESS – WEEK 4
DATE: _____
NAME: _____
AGE: _____
CHOLESTEROL LEVEL: _____
LDL : _____
HDL: _____
TRIGLYCERIDES: _____