

## **HOW TO LOWER CHOLESTEROL WITH DIET**



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How can I lower cholesterol with diet? Heart-healthy lifestyle changes include a diet to lower your cholesterol. The DASH eating plan is one example. Another is the Therapeutic Lifestyle Changes diet, which recommends that you. Choose healthier fats. You should limit both total fat and saturated fat.

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Adding 2 grams of sterol to your diet every day can lower your LDL cholesterol by 5 to 15 percent. It's not clear whether food with plant sterols or stanols reduces your risk of heart attack or stroke although experts assume that foods that reduce cholesterol do reduce the risk.

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not mix. So cholesterol travels in packages called lipoproteins, which have fat (lipid) inside and protein outside. Two main kinds of lipoproteins carry cholesterol in the blood: Low density lipoprotein, or LDL, which also is called the bad cholesterol because it carries cholesterol to tissues, including the arteries.

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### **How to Follow a Low Cholesterol Diet Foods and Tips**

Simply following a diet to lower cholesterol can reduce cholesterol levels by as much as 10 to 15 percent, says Joseph S. Alpert, MD, professor of medicine at the University of Arizona College of

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