10 WAYS TO LOWER CHOLESTEROL

1. Consume a diet low in fat, saturated fat (the fat found in dairy products, red meat, and tropical oils), and cholesterol.
   - Choose foods with less than 3 grams of fat per 100 calories.
   - Limit consumption of saturated fat to no more than 5-10% of total calories (10-18 grams for most children).

2. Limit cholesterol intake to 100-200 mg per day.

3. Accumulate 30-60 minutes of moderate physical activity on most days of the week to raise HDL cholesterol (the good cholesterol).

4. Choose a plant-based diet with an emphasis on legumes, whole grains, vegetables, and fruits. Consume small amounts of lean animal protein.

5. Use a phytosterol-containing margarine or other food product such as Benecol or Take Control.

6. Increase consumption of soy protein. Try adding soy protein powders to a fruit smoothie or use soymilk on cereal.

7. Increase consumption of soluble fiber (the fiber found in legumes, fruits, root vegetables, oats, barley, and flax). Start each day with a bowl of oatmeal or oat bran.

8. Consume at least 2 servings of fatty fish such as salmon, tuna, mackerel, sardines, or herring per week.

9. When consuming fats and oils, choose monounsaturated fats such as olives, olive oil, nuts, nut butters, and seeds.

10. If you are overweight, lose weight.