

Title:

10 Easy Tips to Eat Your Way to Lower Cholesterol.

Word Count:

527

Summary:

Tips to Lower Cholesterol

Keywords:

Cholesterol

Article Body:

Do you have high cholesterol and need to lower it? That is no surprise considering how many people

As with anything health related, diet and exercise are the two crucial components. What you eat

One thing you should know is the difference between LDL and HDL cholesterol. Simply think of HDL

The good news is that you can change your cholesterol for the better. Here is how to do just that:

1. Have a nice sandwich on whole wheat bread or a pita with some lean turkey and lots of fresh

2. Fish, like salmon, is good. Look for wild red salmon varieties, which are very high in Omega

3. Avoid Trans fats! Not only do they raise the lousy LDL cholesterol, they can also lower your

4. Go ahead, go nuts! Look for walnuts mainly but also try almonds, macadamia nuts, cashews, a

5. Limit desserts and try to eat only the healthier ones like angel food cake, graham crackers

6. Eat foods that are high in fiber. Examples include whole wheat bread, oatmeal, fruits, vege

7. Use the grill. If you're going to have steak or burgers, grill them at home and use lean me

8. Find a new salad dressing. Most of them are full of Trans fats and cholesterol. Olive oil i

9. Go overboard on fruits and vegetables. They contain no cholesterol and they have lots of nu

Here are some examples: green peas, broccoli, cauliflower, apples, oranges, mangos, papaya, pi

10. Avoid fast food like french fries and anything else from the deep fryer. Those foods will

11. Bonus tip: Use spices like pepper and oregano to add flavor to your dishes. They are a hea

That was easy, wasn't it? Just make some of these changes and get plenty of exercise like walk

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