

Tips that Count

Wellness information for your journey to a healthier you!

Heart-Smart: Cut the Cholesterol

Our bodies need cholesterol to stay healthy—but we can get too much cholesterol from saturated fats in our diets. And this can lead to cardiovascular disease. Here are some basics on how keep your diet heart-smart.

Limit meats. Eat no more than three 3-ounce servings of fatty red meat each week.

Strive for five. Eat a wide assortment of fruits, vegetables, legumes, grains and other whole (complete and unprocessed) foods. Eat at least five servings of fruits and vegetables each day.

Choose low-fat and non-fat dairy products over whole-milk products.

Seafood can be beneficial. Fish tends to be lower in overall fat and higher in heart-healthy fats than meats. Oily fish, such as salmon and sardines, contain heart-healthy omega-3 fatty acids.

Eat more whole grains and high-fiber foods. Fiber-rich foods can help lower cholesterol by soaking up bile acids in the stool before they can get absorbed. Aim for at least 7 grams of soluble fiber each day. Whole grains, fruits and veggies are all good sources.



All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness regimen.