

Diet for lowering bad cholesterol

A diet aimed at lowering bad cholesterol typically involves making healthy food choices that are low in saturated and trans fats. Here are some dietary recommendations to help you lower your bad cholesterol levels:

1. Choose healthier fats: Replace saturated fats and trans fats with healthier options such as monounsaturated fats and polyunsaturated fats. Good sources include olive oil, avocados, nuts, seeds, and fatty fish like salmon.
2. Increase soluble fiber intake: Soluble fiber helps lower bad cholesterol levels. Include foods like oats, barley, lentils, beans, fruits, and vegetables in your diet.
3. Reduce dietary cholesterol: Limit your intake of foods high in cholesterol, such as organ meats, egg yolks, and full-fat dairy products. Although dietary cholesterol has less impact on blood cholesterol levels than saturated and trans fats, it's still beneficial to moderate your intake.
4. Incorporate omega-3 fatty acids: Omega-3 fatty acids can help lower bad cholesterol. Include sources such as fatty fish (salmon, mackerel, sardines), walnuts, flaxseeds, and chia seeds in your diet.
5. Consume plant sterols: Plant sterols or stanols can help lower LDL cholesterol. They are found naturally in small amounts in certain plant-based foods and are also available as supplements or added to specific products like margarine. Talk to your doctor before using supplements.
6. Opt for lean proteins: Choose lean sources of protein such as poultry without the skin, fish, legumes, and tofu. Limit or avoid processed meats and red meats, as they often contain high levels of saturated fat.
7. Increase fruit and vegetable intake: Fruits and vegetables are naturally low in saturated fat and high in fiber. Aim to include a variety of colourful fruits and vegetables in your daily meals.
8. Choose whole grains: Opt for whole grains like brown rice, whole wheat bread, quinoa, and oats instead of refined grains. Whole grains contain more fiber and nutrients, which can help manage cholesterol levels.
9. Limit added sugars and processed foods: Foods high in added sugars and processed snacks often contain unhealthy fats. Opt for whole, unprocessed foods whenever possible.
10. Stay physically active: Regular exercise can help raise HDL (good) cholesterol levels and improve overall heart health. Aim for at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity activity per week.

Don't forget to consult your doctors at SunStar Clinics for personalised advice based on your specific health needs and medical history. They can provide you with more detailed guidance on diet and lifestyle changes to help manage your cholesterol levels effectively.