

Is Lowering Cholesterol Essential To Your Health (And Survival)?

Contributed by Webmaster

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There are many men looking for a good diet to lower cholesterol, or other cholesterol lowering strategies. Is lowering cholesterol important to your health?

Yes you bet it is, and if you need to lower your cholesterol read on for some tips on beginning a diet to lower cholesterol naturally.

Your diet plays a role in how much you reduce, or increase, your cholesterol. While some people with high cholesterol may understand what foods lead to this common health problem, they are often unaware of what a diet for lowering cholesterol should look like.

Here, you will learn more about what types of foods are good to include in a diet to lower cholesterol.

For breakfast, you will want to avoid eggs with yolks. If you do feel as though you are in the mood for eggs, you should consider only cooking egg whites. If you really want to follow a diet for treating high cholesterol, you will be sure to eat oatmeal for breakfast.

Incorporating oatmeal into your diet is known to be one of the best ways to lower your LDL cholesterol. To reduce your cholesterol even further, consider adding fresh berries to your oatmeal.

A diet for lowering cholesterol should consist of lots of vegetables. Some of the different dishes that you may want to include in your diet plan include stir fries, garden salads and vegetable soup. When you choose meat, be sure to read labels.

Looks for cuts of meat which are lower in fat. Also keep in mind that if you are on a diet for treating high cholesterol, it is a good idea to avoid certain cooking methods, such as deep frying.

A diet for treating high cholesterol should include whole grains, instead of starches, which may increase your cholesterol. Avoid white pasta, rice and bread.

You will also want to be sure to avoid potatoes, which are known to be very fattening and may also increase your cholesterol levels.

Finally, it is important to pay attention to what you are cooking with. Oils and butter should both be avoided if you wish to successfully follow a diet for lowering cholesterol. Consider replacing these fattening foods with pepper, chili and other metabolism boosters instead.

Making healthier choices is the main key to following a diet meant to lower cholesterol. Avoid all of the foods which you have always been told are fattening and opt for ones which are known to be healthy. A diet for lowering cholesterol is one of the easiest ways to treat this common health problem and, ultimately, can help add years to your life.

However don't just rely on changing your diet to lower your cholesterol, there is a lot more you can do.

Want to know more about Naturally Lowering Cholesterol? Visit Peter's Website Natural Health-Natural Skin Care and find out more about Cholesterol Lowering Supplements at <http://naturalskinhealth.com/cholesterol>

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