

Eat To Live. Cholesterol Management The Easy Way

Contributed by Webmaster

By Ben Needles

If you have recently been diagnosed with high cholesterol, you are probably looking for ways to lower it. Keep in mind that there are two types of cholesterol: LDL and HDL. LDL, or bad cholesterol, causes heart disease and atherosclerosis, a condition which affects proper blood flow. HDL, or good cholesterol, works to combat against the possible damage that LDL cholesterol can do. A good diet to lower cholesterol will help decrease your LDL cholesterol, while increasing your HDL cholesterol.

And don't be fooled, high cholesterol can be a matter of life or death. High cholesterol can be a significant factor in heart disease and other heart problems, and heart disease is one of the leading killers in our society.

There are many foods that may help lower cholesterol that you will want to incorporate into your regular diet. For starters, you will want to think about adding fruits and vegetables to your diet. Since they are known to be very healthy, it is not surprising that they are also known to lower cholesterol. Whole grains, oatmeal, nuts and legumes are all known to reduce cholesterol. A diet to lower cholesterol should contain a decent amount of all of these foods.

When looking for sample diets for lowering cholesterol, be sure to choose a diet that avoids foods which are high in trans fat or saturated fat. Greasy, fast foods should be avoided if you want to lower cholesterol. Fatty junk foods, such as potato chips, which may also contain unnecessary amounts of trans or saturated fat should also be avoided.

A diet to lower cholesterol should not contain excessive amounts of red meat or organs such as liver and dairy products. Although chicken, turkey and fish can also be very bad choices for someone who is trying to reduce their cholesterol, the way that you prepare these foods can make them healthier. Removing the skin and either baking, grilling or broiling these meats instead of frying are such healthier alternatives.

If you are still unsure of where to find sample diets for lowering cholesterol or what should be on them, you may want to think about asking your primary care physician. He or she should be able to give you a good idea of what foods can be eaten to reduce cholesterol, as well as which ones should be avoided and perhaps suggest some sample diets. Since a diet to lower cholesterol is very important, it is a good idea to make sure that you follow the doctor's instructions and reduce the amount of unhealthy foods that you choose to incorporate in your diet.

Achieving good heart health is way easier by diet than by the use of drugs like statins. Although if you are looking for ways to lower your cholesterol, and need some help doing so beyond diet, there are some very good natural alternatives that can be added to a good diet to lower cholesterol to improve your success rate.

And one company making some extremely effective and organic cholesterol management products too, and you've probably never heard of them.

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About the Author (text)Want to know more about naturally lowering your cholesterol? Visit Peter\'s Website Natural Health-Natural Skin Care at <http://naturalskinhealth.com/cholesterol/> and find out more about naturally achieving glowing healthy skin at <http://naturalskinhealth.com/>

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