



Council on Aging

October 2015

Lowering Cholesterol

Did you know?

- ♥Cholesterol is needed for normal body function
- ♥Cholesterol helps in the transmission of nerve impulses
- ♥Cholesterol helps create Vitamin D in the skin from the sun
 - ♥Cholesterol helps in fat absorption
- ♥Cholesterol comes from animal and dairy products
 - ♥70% of Cholesterol is produced in the liver

WAYS TO LOWER CHOLESTEROL IN YOUR DIET

While your genes determine how much cholesterol your body produces naturally, diet also plays a role. These easy diet tips will help you lower your cholesterol for better heart health.

- √ Eat low fat - Keep calories from fat at no more than 30% of your total calories
- √ Cut down on snack crackers, chips, pies, cakes and cookies that contain trans fats which are hydrogenated oils which have been processed into saturated fats by food manufacturers
 - √ Cut down on fats and oils in cooking and in spreads
 - √ Cut down on servings of meats and broil, roast or poach meats
 - √ Trim fat from meat before cooking and remove skin from poultry after cooking
- √ Substitute plain low fat yogurt and low fat cottage in recipes that call for mayo or sour cream
 - Substitute low-fat cheese for full fat
 - √ Cut down on serving sizes of cholesterol containing foods
 - √ Limit intakes of fats, sweets and alcohol