



Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by the insurance professionals at Clark & Associates



CHANGE YOUR DIET TO LOWER YOUR CHOLESTEROL

Diet plays a big part in why some people suffer from high cholesterol. Modifying your diet even a little can lower your cholesterol – lowering your risk for heart disease and stroke.

Avoid Eating a Lot of Meat

- Make meat a minor player in your meals and eat lots of fruits and vegetables instead.
- Trim the fat and skin from meats and poultry.
- Avoid eating fatty cuts of beef, pork and lamb.
- When eating out, opt for a smaller portion of meat or choose to eat something vegetarian.

Eat Low-Fat Dairy Products

Avoid dairy containing whole milk and cream.

Snack Wisely

Opt for low-fat snacks such as unbuttered popcorn, dried fruits or fresh fruits and vegetables. Avoid high-fat, high-calorie options like chips and candy.

Reduce Saturated Fat in Food Preparation

- Instead of butter or margarine, use a small amount of olive oil or cooking spray.
- Avoid using palm and coconut oil; use canola, sunflower, safflower, corn, soybean, olive and peanut oils instead.
- Bake, broil, roast, steam or stew food instead of frying.

Reduce Your Dietary Cholesterol Intake

- Eat no more than four egg yolks per week. Replace one egg with two egg whites in most recipes.
- Eat no more than six ounces of lean meat, fish and poultry per day.
- Avoid eating cholesterol-rich meats such as liver, brains and kidneys.

Eat Fiber-Rich Foods

Opt for fruits and vegetables, whole grains and legumes that are low in calories and high in fiber and complex carbohydrates.

Go for Nuts, Fruits and Vegetables

Fruits and vegetables are water-dense, contain lots of nutrients and protect your heart. Nuts are a great source of protein, but should be eaten in moderation because they are high in calories.

Eat Lots of Fish

Fish have essential fatty acids (omega-3s and omega-6s).

Reduce Your Salt Intake

Use herbs and spices to flavor your food instead of table salt. Be aware of the sodium content in foods such as soups and sauces.



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Avoid Trans Fats

Trans fats raise LDL cholesterol levels (bad cholesterol) and lower HDL cholesterol levels (good cholesterol).

Avoid foods containing trans fats completely or eat them in extreme moderation.

Drink Alcohol in Moderation

Women should consume up to one drink per day and men should have up to two drinks per day.

Read Product Labels

Avoid foods with the following items listed as one of the first ingredients: meat fat, coconut or palm oil, cream, butter, egg or yolk solids, whole milk solids, cocoa butter, chocolate, or hydrogenated or partially hydrogenated fat or oil.