



SNACK IDEAS FOR HIGH CHOLESTEROL.

Cholesterol is made within your liver and is also produced through the food we consume. Not all cholesterol is bad for you. In fact the body requires some cholesterol in order to work properly. There are multiple dietary and lifestyle factors that can be changed in order to decrease the risk of high cholesterol.

Here are some simple snacks that help promote healthy cholesterol numbers.

Avocado on Whole Grain Toast - Avocado is rich in unsaturated fats which help to reduce LDL (bad) cholesterol. A recent study found that one avocado per day lowered LDL cholesterol and increased HDL (good) cholesterol in subjects. This snack is also high in dietary fibre which support heart health and blood pressure.

Roasted Chickpeas - Chickpeas contain zero cholesterol and are an excellent source of protein and iron. Eating one serve per day can significantly reduce LDL cholesterol and therefore lower your risk of cardiovascular disease.

Trail Mix Nuts - Walnuts, pumpkin seeds, pecans and almonds are rich in protein, zinc, dietary fibre and healthy fats. They also contain zero cholesterol so are a healthy snack alternative for chips or processed snacks.



Oatmeal Energy Bites - Oats contain beta-glucan which is a type of natural soluble fibre that can reduce the absorption of cholesterol into your bloodstream and reduce LDL (bad) cholesterol.

Ingredients:

- 1 cup oats
- 2/3 cup toasted coconut flakes
- 1/2 cup peanut butter (or almond butter)
- 1/2 cup ground flaxseeds (flax meal)
- 1/2 cup chocolate chips (or cacao nibs)
- 1/3 cup honey
- 1 tablespoon chia seed
- 1 teaspoon vanilla extract

Method:

- Stir all ingredients together in a large mixing bowl until thoroughly combined.
- Cover the mixing bowl and place in the refrigerator for 1-2 hours, or until the mixture is chilled. This will help the mixture stick together more easily.
- Roll into mixture into 2cm balls.
- Enjoy immediately or refrigerate in a sealed container for up to 1 week or freeze for up to 3 months.



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