

# ACTION PACK

## FOOD SWAPS FOR HIGH CHOLESTEROL.

The good news is high cholesterol can be lowered, reducing the risk of heart disease and stroke. Often, changing behaviours can help bring your numbers into line. If lifestyle changes alone don't improve your cholesterol levels, medication may be prescribed.

Here are some simple food swaps you could make to help improve your numbers.

| REDUCE THIS  | EAT THIS                      | Why?  |
|--|-------------------------------|---|
| Potato chips   | Sweet potato chips            | Roast your own sweet potato chips, as sweet potatoes are high in antioxidants and soluble fibre that help lower LDL (bad) cholesterol.  |
| Vegetable oils,<br>Sunflower oil,<br>Canola oil,<br>Peanut oil | Extra Virgin Olive Oil (EVOO) | EVOO is packed full of beneficial antioxidants that can lower LDL (bad) cholesterol while leaving your HDL (good) cholesterol untouched.  |
| Cereal   | Oats                          | Swapping your morning cereal for oats is a great way to lower your cholesterol. Commercial cereals are packed with sugar and lack essential nutrients and dietary fibre. Oats are rich in fibre and beta-glucan that lowers blood cholesterol levels. |
| Red meat   | Fish and seafood              | Adopt a more Mediterranean style of eating which is naturally lower in red meat and higher in seafood. Fish is rich in omega-3 fatty acids which help to reduce inflammation and support healthy blood flow.  |
| Dip  | Guacamole                     | Instead of having dip with crackers, try having some guacamole. Avocados are rich in healthy fats that help to increase HDL cholesterol and lower LDL cholesterol.  |
| Muesli bars  | Trail mix nuts                | Muesli bars are often loaded with sugar. Carry a container of trail mix with you or keep some in a jar at work. Nuts are rich in dietary fibre, healthy fats and essential nutrients.   |



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