

Cholesterol - Nutrition Advice for Controlling Cholesterol Levels in the Blood

Supporting Podcast

- <https://www.podbean.com/ew/pb-24d4k-bba77e>

***Listen to the supporting podcast before reading through the information below**

Key Points

- Dietary Cholesterol Needs to be Properly Managed
- Consistent Exercise Can Help
- Weight Management / Body Fat Level Management Can Help

Dietary Cholesterol Needs to be Properly Managed

- Eliminating all foods that contain cholesterol is often an unnecessary control method for controlling blood levels of cholesterol. Instead, it is often best to consume foods that have “healthy” cholesterol, and to consume them within a proper balance among the other macronutrients of carbohydrates and protein
- Link for “healthy” cholesterol foods – [LINK](#)
- General Recommendation of Dietary Fat Intake in respect to Total Daily Caloric Intake is ~20-30%

Consistent Exercise Can Help

- Performing regular exercise at an intensity aerobically and/or muscularly above normal daily activity levels of stress can help reduce blood levels of cholesterol
- Exercise that promotes the usage of excessive dietary caloric intake along with promotion of new muscle growth is superior for cholesterol control compared to exercise that does not promote new muscle tissue growth as muscle tissue has been shown to help reduce blood levels of cholesterol long-term

Weight Management / Body Fat Level Management Can Help

- Maintaining a “healthy” range of body fat (30% or less [general recommendation]) can be helpful for controlling blood levels of cholesterol. The combination of nutrition and physical activity that is associated with a “healthy” range of body fat level control is correlated with healthy blood levels of cholesterol

Habitual Advice

- Learn to identify foods based on cholesterol content. Knowing which foods contain greater amounts of cholesterol can help you be more aware of which foods may be contributing towards increased blood levels of cholesterol
- Be active in some way most days of the week in the form of a specific exercise routine and/or general movement

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Additional Helpful Podcasts

- 1232 – Nutrition – Start Here
 - <https://www.podbean.com/ew/pb-g8tgy-11ab473>
- 213 – Nutrition – Battling High Blood Glucose & Triglycerides
 - <https://www.podbean.com/ew/pb-ig3zp-ac7034>
- 1368 – Nutrition – How to Choose the Right Foods
 - <https://www.podbean.com/ew/pb-sn52v-1271af9>