

HOW TO LOWER CHOLESTEROL

WHAT IS CHOLESTEROL?

Cholesterol is a fat-like substance that the body needs. It serves among other things, as a building block for cells and for the production of vitamin D, certain hormones and bile acids.

LDL or "bad" cholesterol transports cholesterol from the bloodstream to tissues. When LDL cholesterol is high, it builds up in the walls of blood vessels, causing vasoconstriction and predisposes the patient to cardiovascular diseases.

HDL or "good" cholesterol transports cholesterol from tissues and the walls of blood vessels back into the bloodstream, offering protection from cardiovascular diseases.

WHY YOU SHOULD LOWER YOUR CHOLESTEROL?

High cholesterol constricts blood vessels, predisposes them for example to heart and cerebral thrombosis, and increases the risk of developing coronary heart disease. Lowering cholesterol improves the condition of your bloodstream. You can make a difference with your own lifestyle.

	GENERAL TARGET VALUES
Total cholesterol	less than 5
LDL or "bad" cholesterol	less than 3 If a heightened risk for cardiovascular diseases exists: 2,6 if moderate risk 1,8 if high risk 1,4 if very high risk
HDL or "good" cholesterol	men: over 1 women: over 1,2
Your doctor will set your own personal targets.	

EXERCISE

Light exercise that increases heart rate

2 hours 30 minutes a week
such as:

swimming
nordic walking
gymnastic exercise
dancing
camping

OR

Sweat-including exercise

at least 1 hour and 15 minutes a
week such as:

running
cycling
cross-country skiing
ball games

Muscle fitness, coordination and balance

2 times a week
such as:

stair climbing
heavy gardening
group exercise
gym
ball games

OTHER FACTORS THAT AFFECT FAVORABLY TO YOUR CHOLESTEROL LEVELS

Weight loss. For overweight individuals, weight loss of even 5-10% is enough.

Quit smoking.

Use alcohol only with moderation. The limit of moderate use for women is one dose per day and two doses per day for men. However, not daily.

Regular use of dietary products that contains plant stanol or plant sterol can reduce the amount of bad cholesterol about 10%.

FAVOR THESE

- Skimmed, low-fat or vegetable-based milk, sour milk, yoghurt and cheese
- Fish, chicken, beans, lentils
- Margarine, vegetable oil
- Whole grain pasta, bread and rice
- Vegetables, berries, fruits, legumes, seeds, nuts
- Filter coffee
- Home made food

DIET

REDUCE THE USE OF

- Whole and semi-skimmed milk, sour milk, yoghurt and cheese
- Meat, sausage, cold cuts, liver, roe, seafood
- Butter
- White pasta, bread and rice
- Pastries, biscuits
- Unfiltered coffee, espresso, ground coffee, capsule coffee
- Fastfood