



BlueResource<sup>SM</sup> - Controlling Your Condition - Lowering Cholesterol

## Natural Ways to Lower Your Cholesterol

Your body makes all the cholesterol it needs to build healthy cells. Eating too many fatty foods can upset this balance and increase your risk for heart attack and stroke. Take steps to keep your numbers in a healthy range.

**Boost your HDL “good” cholesterol.** Lose extra pounds to help remove excess fat from your bloodstream. An HDL level of 60 mg/dL and above is best.

**Lower your LDL “bad” cholesterol.** Eat foods like oatmeal, nuts, apples, grapes and strawberries to reduce waxy build up in your arteries. An LDL level of 100 mg/dL and below is best.

**Watch your “total” cholesterol.** Aim for the sweet spot when you combine your HDL and LDL numbers. Your total should be less than 200 mg/dL.



**Talk with your doctor and get a blood test to know your numbers.**

Source: *Cholesterol Score*. American Heart Association. 2020.  
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