

Cholesterol and the Holidays

Avoid Cholesterol's "Bad" Side

You may be adding annual celebrations to your calendar this time of the year, and many of those gatherings include overindulgence in delicious foods that often are high in calories and fat. In fact, research shows that LDL or "bad" cholesterol levels spike the most during this time of year, by nearly 20%. About 11% of adult Americans have high total cholesterol, which raises the risk for heart disease and stroke.

By prioritizing and planning your calorie and fat intake wisely, you can still enjoy the foods you love during the holidays, while managing your cholesterol.

TIPS TO MANAGE YOUR CHOLESTEROL THIS HOLIDAY SEASON



- 1 Create a colorful plate.** Vegetables are high in fiber and antioxidants, and they can help to reduce cholesterol.
- 2 Limit cheese consumption.** Cheese is high in saturated fat, which can elevate your cholesterol levels.
- 3 Choose low-fat cuts of meat,** such as turkey breast, over meats higher in fat content, such as ham, beef, or dark poultry meat.
- 4 Don't skip meals.** Eat smaller meals frequently throughout the day, instead of gorging on a single large dinner.
- 5 Keep moving.** Exercise has a whole host of benefits, one being it can in fact help to improve your 'good' HDL cholesterol level.

SOURCES: Healthline, Harvard School of Public Health, American Heart Association