

HIGH CHOLESTEROL

WHAT IT MEANS

High cholesterol may not have any symptoms but can be dangerous in the long run. It is vital to keep your cholesterol levels under control.



You can reduce your blood cholesterol levels without needing medicine! This can be done by making small lifestyle changes like eating healthily and exercising more.

Find out how you can change your diet and become more active!

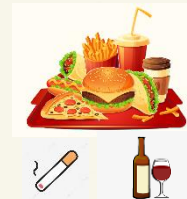
1

What your blood results mean

Your blood tests might show that you have high cholesterol levels. What does this mean?

Cholesterol is a fatty substance in your blood. High levels can be caused by some factors.

- Eating fatty food
- Being overweight
- Drinking alcohol



Inadequate exercise and Smoking are also risk factors.

There are 2 main types of cholesterol.

- “Good” cholesterol – **HDL**
- “Bad” cholesterol – **LDL** and **Non-HDL**







When your GP says you have high cholesterol, it often means that your LDL or non-HDL cholesterol levels are too high. This is worrying because excessive “Bad” cholesterol makes you more likely to have heart disease like heart attack or a stroke.

2

Dietary changes

The best way to reduce your cholesterol is to completely cut high-cholesterol foods. However, this may be a big change to do all at once.

Check below for healthier replacements to common high-cholesterol foods.

Avoid	Try
Egg yolk 	Egg whites 
Meat 	Tofu 
Coconut products 	Soy alternatives 

3

“The doctor of the future will give no medicine, but will interest his patient in the care of the human frame, in diet and in the cause and prevention of disease.”

– Thomas Edison

Exercise

Another simple way to reduce your cholesterol is by exercising more.

NHS suggests adults should do at least 150 minutes of moderate intensity activity a week. This comes down to less than half an hour every day!



It can be hard to set time aside for exercise. Try to fit this into your daily schedule instead!

- Walk or cycle instead of driving short distances
- Take stairs instead of the lift
- Carry your groceries home instead of home delivery



You can also check with your community clubs for group exercise activities.



<https://www.mha.org.uk/>

MHA UK is UK's largest charity care provider overall. Some activities they run include Tai Chi, Cheerleading and Walking.

Dietary changes

Animal products contain high levels of cholesterol, particularly **dairy products** like **milk** and **cheese**, **shellfish** and **offal**.

Plant products are better as they do not contain cholesterol. **Lentils** and **nuts** are especially recommended, as these are high in proteins. On the other hand, **coconut** or **palm oil** should be avoided, as they can still raise your blood cholesterol levels! This is because they have high saturated fat which turns into cholesterol in the body.

Check out the below resources to find out how to include plant-based food in your diet.



PLANT-BASED
Health Professionals UK

Plant Based Health Professionals UK has helpful advice on changing to a plant-based diet.

<https://plantbasedhealthprofessionals.com/>



BBC goodfood has a collection of free plant-based food recipes.

<https://www.bbcgoodfood.com/>