

News Of Nutrition

Ask the Dietitian: Common Cholesterol Stumpers

(NAPSA)—Cholesterol can be confusing. But the fact is, elevated cholesterol affects more than 100 million Americans and is a big risk factor for heart disease—America's number one killer. Atlanta-based registered dietitian and heart health expert, Rachel Agnew, gives straight answers to commonly asked questions.

What's the difference between LDL and HDL cholesterol levels?

LDL and HDL are two types of cholesterol that contribute to an overall cholesterol rating. LDL is "bad" cholesterol that can clog arteries and increase risk of heart disease. The target level to have is less than 100mg/dL. HDL is "good" cholesterol that helps remove excess cholesterol out of the body. It is optimal to have an HDL level greater than 40mg/dL. A good rule of thumb is to keep LDL cholesterol low and HDL cholesterol high.

How can I keep my cholesterol low?

Steps that can help reduce cholesterol naturally include exercise, a diet low in saturated fat and cholesterol, and the consumption of at least 2 grams of plant-based sterol and stanol nutrients per day. Sterols and stanols are found in plants, nuts, corn and rice, but only in trace amounts. An easy solution is a sterol and stanol supplement, such as Nature Made CholestOff.



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By integrating these simple lifestyle changes into your routine, your cholesterol can be reduced by around 12 percent on average. Talk to your health care professional to see what's right for you.

What type of foods should I avoid?

Some foods "low in cholesterol" can still be unhealthy. When choosing a product at the grocery store, read food labels and avoid foods with high levels of total, saturated and trans-fats, calories and cholesterol. For example, look for plant sterol and stanol products that are labeled with the FDA-approved health claim, "May reduce the risk of heart disease."

To read more articles from Rachel and create a personalized heart health profile visit www.NatureMade.com.