

Ten Tips to Improve Cholesterol Naturally

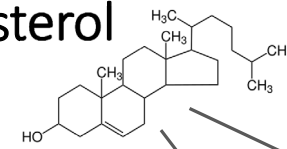
with Jen Sohl-Marion, MPH, RDN, LDN, IFNCP
February 17, 2022



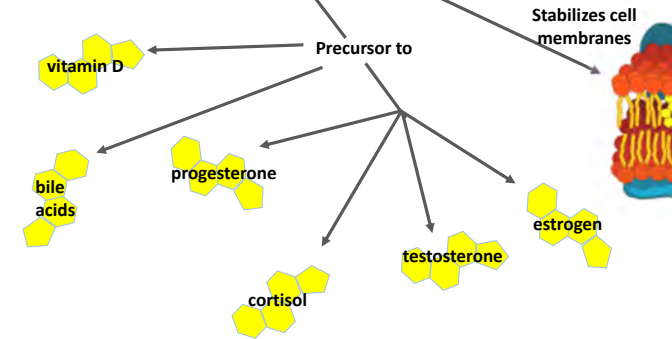
healthcare

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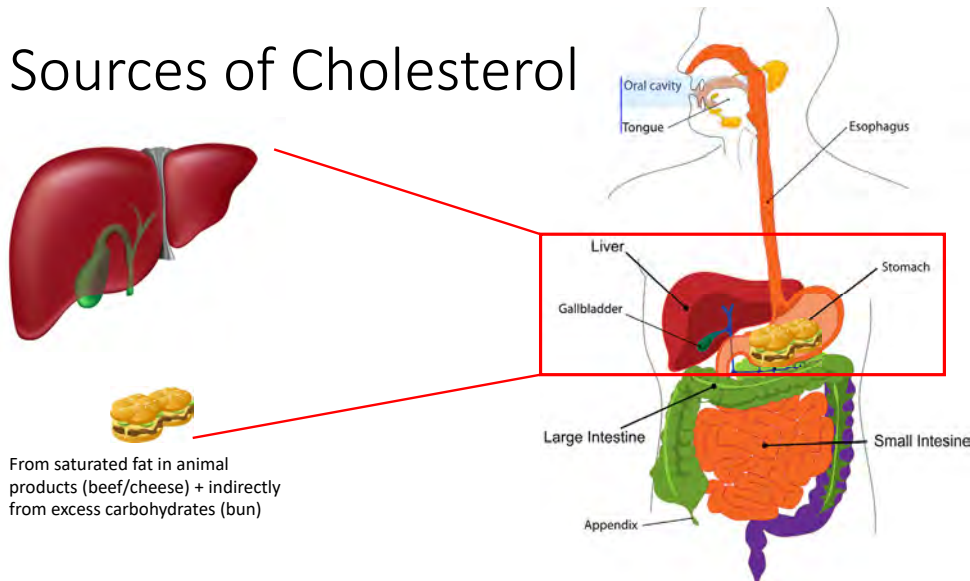
Cholesterol



- What it is
- Why we need it



Sources of Cholesterol

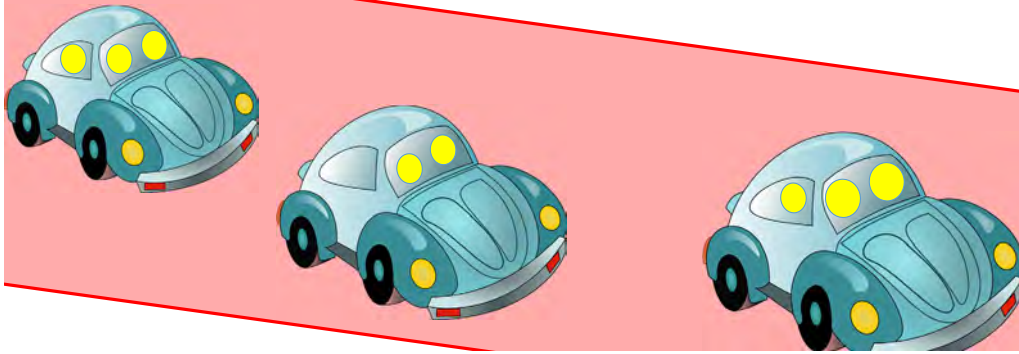


Cholesterol –
One piece of the heart disease puzzle



Cholesterol ●

is packaged into particles called lipoproteins.



Lipoproteins

- VLDL
 - Transport triglycerides around the body
 - Can be converted to LDL
- LDL – low density lipoprotein (aka “lousy”)
 - Carries cholesterol to tissues
 - Can contribute to plaque build up
- HDL – high density lipoprotein (aka “happy”)
 - Takes cholesterol from the tissues to the liver, which removes it from the body
 - Can remove cholesterol from circulation to decrease plaque build up

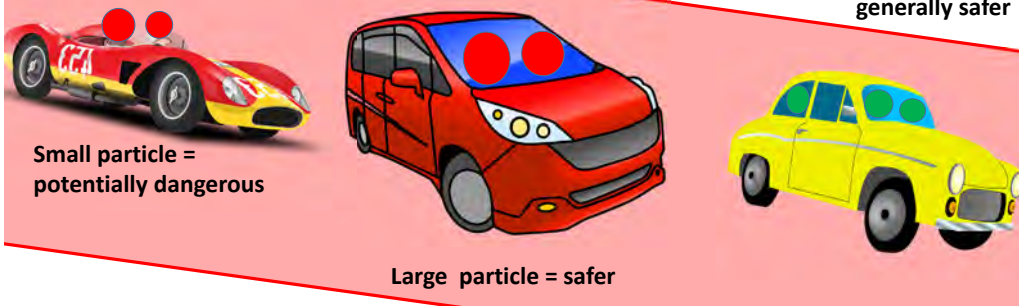
Type of cholesterol and size of particles that transport cholesterol matter.

high **LDL** number = potentially dangerous

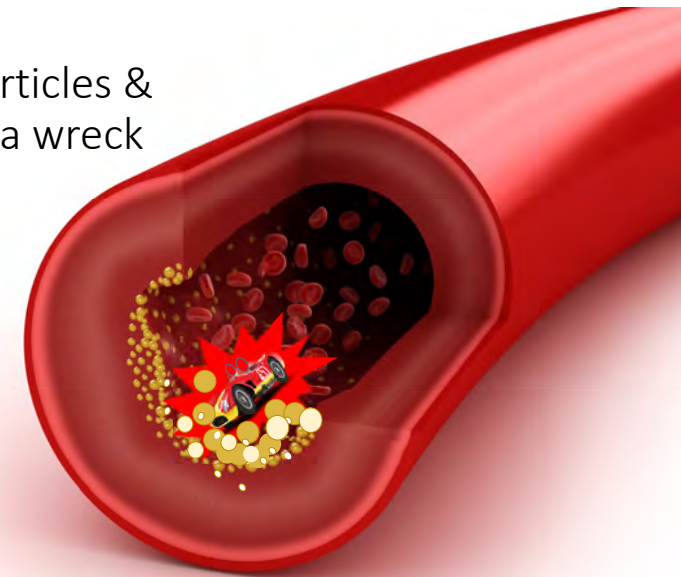
high **HDL** number = generally safer

Small particle = potentially dangerous

Large particle = safer



Oxidized LDL particles & inflammation = a wreck

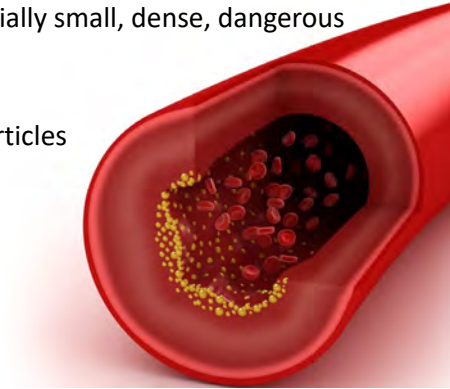


Other pieces of the puzzle

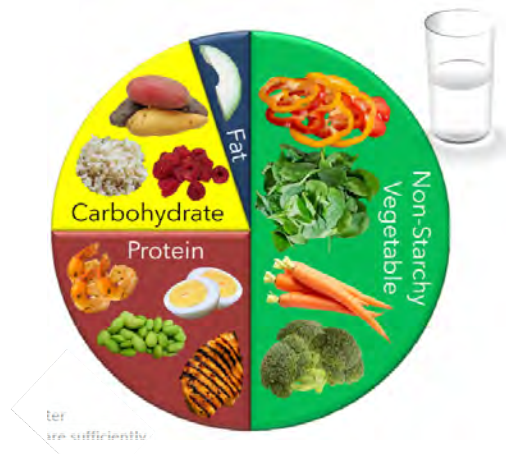
- Amount of each type of cholesterol
- Types and amounts of particles
- Insulin and blood sugar imbalances
- Inflammation
- Oxidation
- Elevated blood pressure

General goals related to cholesterol/lipids:

- Lower triglycerides to a healthy range
- Lowering LDL to a healthy range, especially small, dense, dangerous particles
- Increase HDL to a healthy range
- Reduce the oxidation of cholesterol particles
- Reduce inflammation



Ten Tips to Improve Cholesterol Naturally



1. Reduce or eliminate refined carbohydrates and excess sugar.
2. Portion $\frac{1}{4}$ of your plate or less with whole intact grains, starchy vegetables or fruit.
3. Fill $\frac{1}{2}$ of your plate with non-starchy vegetables.

Bonus Tip: Swap sweetened drinks for unsweetened green tea.

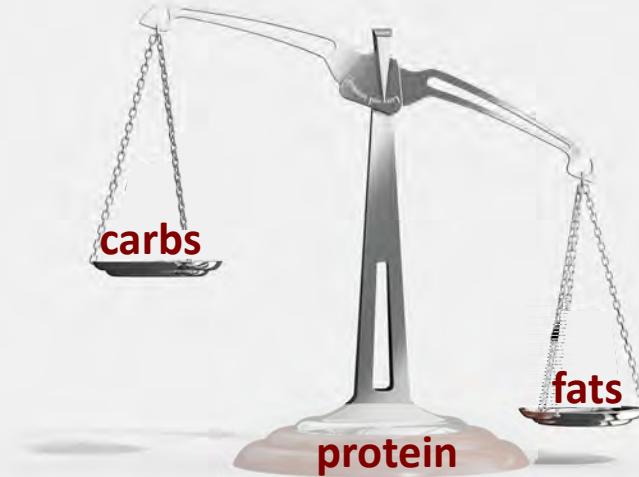


4. Consider the types of fats that you're consuming.

- Include healthy unsaturated fats at each meal.
- Eat 2-3 servings of fatty, high omega-3 fish per week.
- Limit/eliminate fried foods and industrially- processed fats and oils, and moderate intake of saturated fat.



Balance macronutrients with a stable foundation.



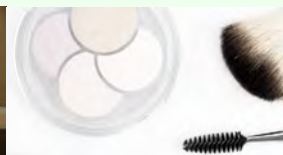
5. Include high-quality, lean protein at each meal.

6. Limit alcohol consumption and don't use tobacco.

7. Eat probiotic-rich foods.

Honorable Mention: Reduce the amount plastics and environmental toxins getting into your body

Choose safer/less toxic food, cookware and personal care products



8. Take steps to get good quality sleep

9. Move more.

10. Take steps to manage stress & build resilience.

Start with one or two of the top 10 to focus on.

Support

If you are a North Carolina resident covered by the SAS Medical Plan, make an HCC appointment with a SAS Registered Dietitian Nutritionist for individualized guidance:

- Jen Sohl-Marion, MPH, RDN, LDN, IFNCP x15216
- Ashley Bailey, MS, RDN, LDN x13050
- Kelly LeSage, MS, RDN, LDN, IFNCP x16432

And see your HCC Primary Care Provider x18809

All SAS employees can check out our [Nutrition Webpage](#) on InsideSAS for more great resources.