

Cholesterol-Lowering Lifestyle Guide

Food and lifestyle choices that support lipid control

Build meals around

- Vegetables, fruits and whole grains.
- Pulses, beans, nuts and seeds in appropriate portions.
- Fish or lean protein according to preference.
- Unsaturated oils in modest amounts.

Reduce

- Trans fats and repeatedly heated oils.
- Frequent fried foods, bakery snacks and highly processed foods.
- Excess saturated fat and sugar-sweetened foods/drinks.
- Tobacco exposure.

Lifestyle is important, but people at high cardiovascular risk may still need cholesterol-lowering medicines even with a healthy diet.

Important: This resource is for general education and does not replace an individual medical consultation. Seek urgent medical care for severe, rapidly worsening or emergency symptoms.