



Managing your Cholesterol Level

Get it checked

You can't manage or improve what you don't measure. Having a high cholesterol level doesn't come with many obvious symptoms. Therefore, it's important to have your cholesterol checked at least every 5 years if you are aged 40-75. Your GP may invite you for a free health check, which includes a cholesterol test, if you fall in to this category.

Lower your bad fats

A diet high in fatty red meat, full fat dairy, pastries and deep-fried foods will increase your saturated fat intake. This will encourage the liver to produce more low-density lipoproteins (LDL). These are more commonly referred to as 'bad' cholesterol and are associated with an increased risk of heart attack and stroke.

Increase your good fats

Oily fish, avocados, nuts and seeds are all sources of monounsaturated fats and omega 3 fatty acids. This type of fat can increase the amount of 'good' high density lipoproteins (HDL) in the blood. This helps to lower the risk of cardiovascular disease.

Oat so simple

Beta glucans are sugars found in the cell walls of oats and barley, among other things. There is good evidence to show regular consumption of around 3g per day can lower cholesterol levels. A small bowl of porridge would do the trick.

Alcohol consumption

Alcohol is high in calories and sugar and has a particularly potent effect on triglycerides, a type of fat found in the food we eat. Even small amounts of alcohol can raise triglyceride levels increasing your cardiovascular disease risk.