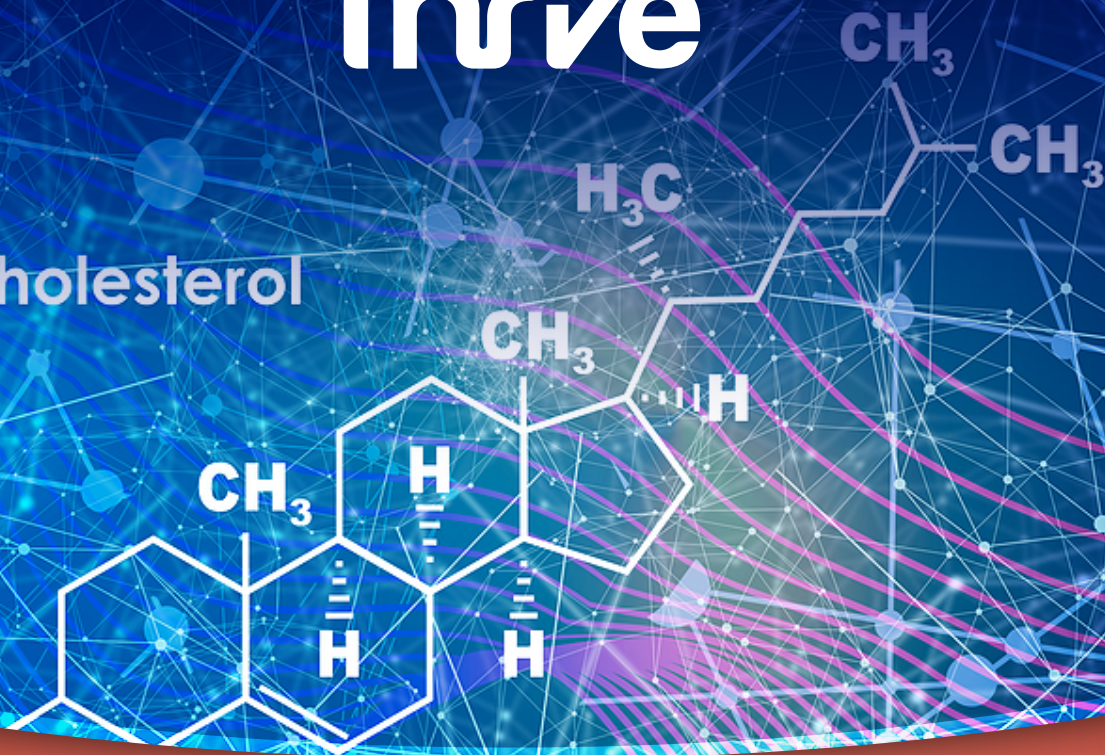


# Thrive

Cholesterol



## SEPTEMBER HEALTHY EATING

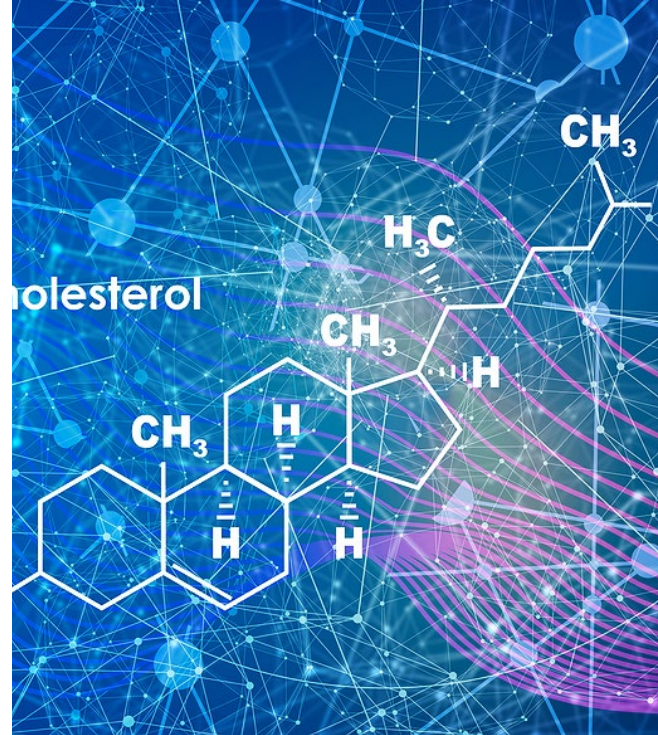


*National*  
**CHOLESTEROL EDUCATION**  
*Month*



# SEPTEMBER IS NATIONAL CHOLESTEROL EDUCATION MONTH

High blood cholesterol is dangerous for your health because it results in higher risk for heart disease, stroke and Type 2 diabetes. Know what is going on inside your body; have your blood cholesterol levels checked regularly.



## KNOW YOUR RISK OF HIGH CHOLESTEROL:

- Health conditions such as Type 2 diabetes and obesity.
- Diet high in saturated and trans fats. Desserts, baked goods, sausages, ice cream and dairy, and fried foods.
- Sedentary lifestyle. According to the CDC, only 1 in 4 U.S. adults gets the recommended levels of physical activity. Besides the obvious norm for lifestyles revolving around electronics, full-time working Americans spend more than one-third of their day, five days a week, at their workplace. This translates to sitting, most likely in front of a computer, for more than 40 hours a week.
- Smoking.
- Family history: Check family records for high cholesterol and other contributing genetic health conditions.

## PREVENT HIGH CHOLESTEROL:

- Eat foods low in saturated and trans fats, sodium and added sugar. For example, whole grains, lean meat, fruits and vegetables.
- Eat foods high in fiber, such as black beans, green peas and chia seeds.
- Exercise regularly, at least 30 minutes a day. Easy examples are walks around the block or yoga during your breaks.
- Limit alcohol: Two glasses a day for men and one glass for women.
- Control stress. Did you know stress can raise your cholesterol? Practice mindful meditation to help control stress levels (refer to August 2020 Toolkit, “Cultivate Happiness”).

## MANAGE HIGH CHOLESTEROL:

- Lifestyle change: Work on better managing stress, diet and exercise.
- Ask about medication that can help lower your cholesterol.
- Check your cholesterol on a regular basis.
- Talk to your doctor about any health concerns you may have. For more on cholesterol, visit the CDC cholesterol webpage.

# FIGHT HIGH CHOLESTEROL WITH YOUR DIET



## BREAKFAST

Enjoy oatmeal, avocado whole-wheat toast and fruit. High fiber (oats and fruit) helps reduce bad cholesterol. Avocados are a great source of monounsaturated fats, which increase heart health.

## LUNCH AND DINNER

Fish is what's for dinner! According to the American Heart Association, fish and omega-3 fatty acids (good fats) can help reduce your triglycerides (a type of fat found in blood). While they do not directly affect blood cholesterol, omega-3s can help reduce blood pressure and risk of blood clots. Mackerel, herring, tuna, salmon and trout are just some options. Also, soluble fiber-rich beans (baked, kidney, chickpeas and lentils) are another option to help lower bad cholesterol.

## SNACKS

Apples, grapes and strawberries are rich in pectin, a type of soluble fiber. Almonds and other nuts, as well as mandarins and orange juice are all options to add to your list.

## SOURCES:

[mayoclinic.org/diseases-conditions/high-blood-cholesterol/in-depth/cholesterol/art-20045192](https://www.mayoclinic.org/diseases-conditions/high-blood-cholesterol/in-depth/cholesterol/art-20045192)

[cdc.gov/chronicdisease/resources/publications/factsheets/physical-activity.htm](https://www.cdc.gov/chronicdisease/resources/publications/factsheets/physical-activity.htm)

[cdc.gov/cholesterol/index.htm](https://www.cdc.gov/cholesterol/index.htm)

[health.harvard.edu/heart-health/11-foods-that-lower-cholesterol](https://www.health.harvard.edu/heart-health/11-foods-that-lower-cholesterol)



# HEALTHY RECIPES



## SLOW COOKER CHICKPEA AND LENTIL STEW

(makes 6 servings)

### INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 1 medium yellow onion, chopped
- 1 chili pepper, such as serrano or jalapeno, stemmed, seeded and chopped, more to taste
- 4 cloves garlic, chopped
- 2 teaspoons garam masala
- 1/4 cup sesame seeds
- 2 (15-ounce) cans chickpeas, drained and rinsed
- 1/2 cup dried red lentils
- 1 (28-ounce) can tomato puree
- 2 cups vegetable broth
- 1/4 cup pitted black olives
- 1/2 cup Greek yogurt

### METHOD

Heat olive oil in a pan and sauté the onions. Add peppers, garlic, garam masala and sesame seeds; cook until peppers begin to soften. Combine everything except the yogurt in slow cooker and cook on low 8-10 hours. Add yogurt about 15 minutes before serving.

### NUTRITIONAL INFORMATION

Per serving: 250 calories (90 from fat), 10 grams total fat, 1 gram saturated fat, 5 milligrams cholesterol, 680 milligrams sodium, 33 grams carbohydrates, (8 grams dietary fiber, 9 grams sugar), 11 grams protein.



# STRAWBERRY AND JICAMA CUCUMBER SALAD

(makes 4 servings)

## INGREDIENTS

- 2 cups strawberries, washed, hulled, chopped
- 1 jicama, peeled, chopped
- 1 medium cucumber, peeled, chopped
- 1 small jalapeno, seeded, finely chopped (for more spice, leave seeds and white membrane intact)
- 1 tablespoon cilantro, finely chopped

## DRESSING

- 2 tablespoons lime juice
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon no-calorie sweetener (granulated, 1 1/2 packets)
- 1 teaspoon poppy seeds

## METHOD

1. In a medium bowl, combine strawberries, jicama, cucumber, jalapeno and cilantro. Toss lightly.
2. In a small bowl, whisk together lime juice, olive oil and no-calorie sweetener.
3. Add lime juice mixture to strawberry mixture and toss lightly.
4. Sprinkle with poppy seeds.

## NUTRITIONAL INFORMATION

Per serving: 130 calories (36 from fat), 4 grams total fat, 0 grams saturated fat, 0 milligrams cholesterol, 10 milligrams sodium, 24 grams carbohydrates, (11 grams dietary fiber, 8 grams sugar), 3 grams protein.





# CURRY STUFFED BELL PEPPERS

(makes 4 servings)

## INGREDIENTS

- 4 medium bell peppers (any color), tops cut away, seeds and white membrane removed
- 1 tablespoon extra-virgin olive oil
- 1 small onion, diced
- 1 lb. extra-lean ground turkey or chicken
- 1 medium zucchini, diced
- 1 teaspoon curry powder
- 1 teaspoon no-calorie sweetener, granulated, 1/2 packet
- 1/2 teaspoon cloves
- 1/2 teaspoon garlic powder
- 1/2 teaspoon black pepper
- 1 cup low-sodium chicken broth
- 1 1/2 cups quinoa, cooked to package instructions
- 1/4 cup chopped, fresh cilantro

## METHOD

- Preheat oven to 375°.
- In a large skillet, heat oil over medium heat. Add onions and cook 2-3 minutes until translucent.
- Add turkey and brown, breaking up clumps and stirring until cooked through (it will turn greyish white).
- Add zucchini, curry powder, no-calorie sweetener, cloves, garlic powder and pepper. Stir and cook 2-3 minutes more. Remove from heat.
- Stir in chicken broth, quinoa and cilantro until well mixed. Spoon 1/4 of mixture into each bell pepper. Place peppers standing up in an 8-by-8 baking dish. Add enough water to cover the bottom of the baking dish about 1/8 inches deep.
- Bake 25-30 minutes in preheated oven until peppers are tender and mixture is heated through.

## NUTRITIONAL INFORMATION

Per serving: 436 calories (81 from fat), 9 grams total fat, 1 gram saturated fat, 45 milligrams cholesterol, 93 milligrams sodium, 51 grams carbohydrates, (8 grams dietary fiber, 8 grams sugar), 40 grams protein.

# DON'T BE OVERWHELMED

Talk to your doctor about concerns you may have. Any step towards being healthier is a great stride in your overall well-being.

