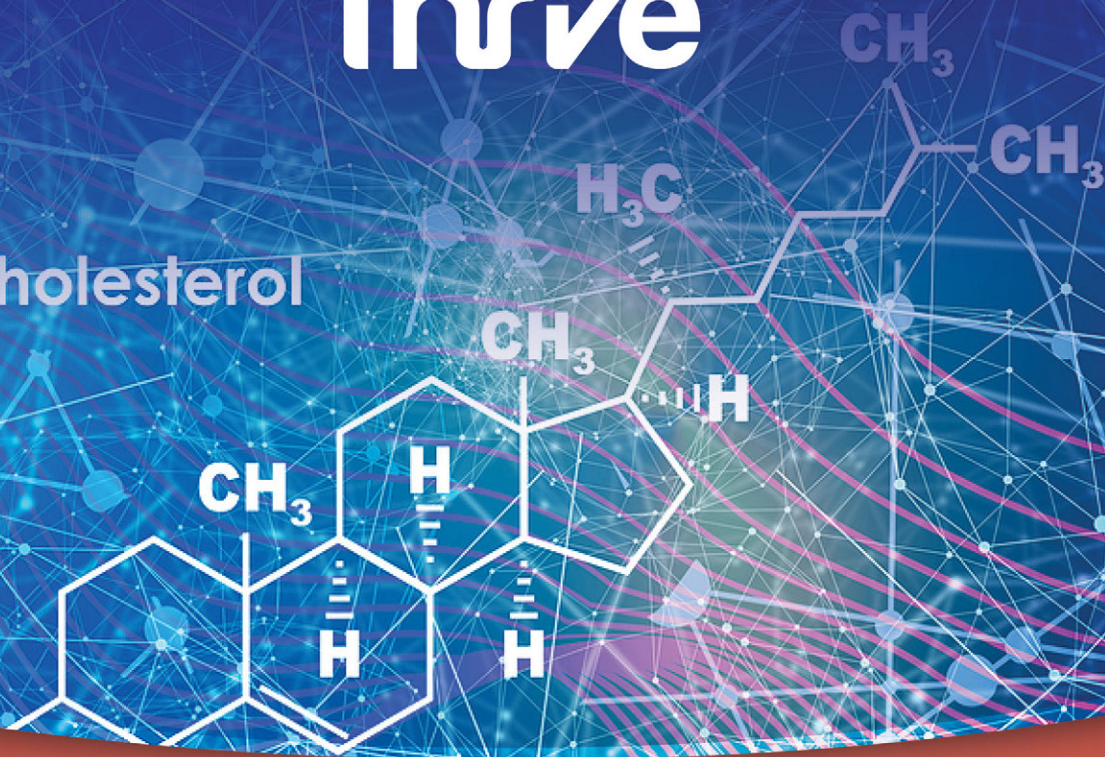


Thrive

Cholesterol



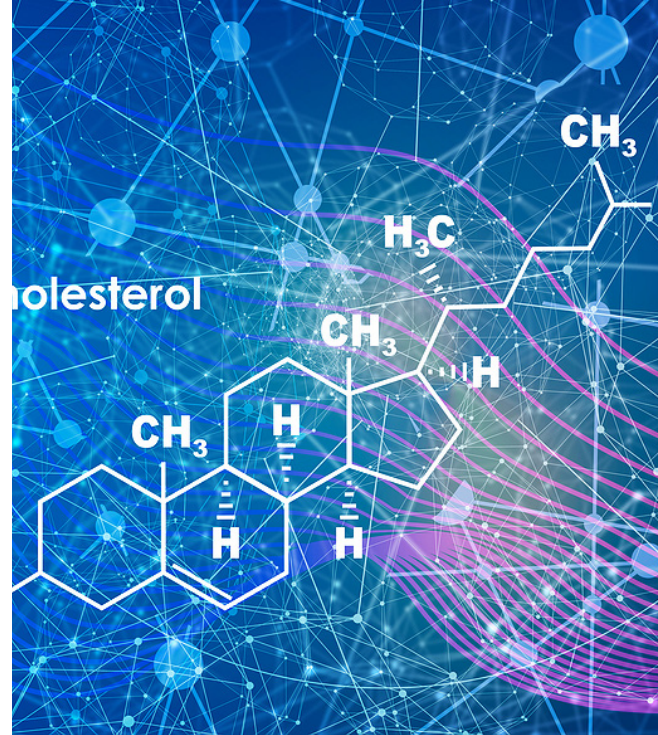
SEPTEMBER HEALTHY EATING



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.

