



MANAGING CHOLESTEROL LEVELS INTUITIVELY







WHAT IS CHOLESTEROL?

SOLUBLE FIBER

- found in most carbs
- swells in contact with water
- beans, barley, oatmeal, brown rice, chia seeds

PLANT PROTEINS

 plant-based proteins have the protein your body needs and are low in saturated fat

movement:

a combination of low to moderate intensity aerobic exercise, strength training and stress-relieving movement

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WHAT IS CHOLESTEROL?

LDL-CHOLESTEROL

- Potentially harmful
- Often termed "bad" cholesterol

TRIGLYCERIDES

- 95% of the fats found in food and in our bodies
- A storage form of energy

HDL CHOLESTEROL

- Protective by reducing the impact of LDL
- Often terms "good" cholesterol

TOTAL CHOLESTEROL

- Combination of all 3 markers
- Not useful on it's own







NUTRITION FOR CHOLESTEROL

INCREASE SOLUBLE FIBER

- found in most carbs
- swells in contact with water
- aim for a least 2 servings a day
- choosing whole grains can help to boost
- examples: beans, barley, oatmeal, brown rice, chia seeds

Ways to	include	soluble	fiber	ĺΛ	My	diet

NUTRITION FOR CHOLESTEROL

INCLUDE PLANT PROTEINS

- plant-based proteins include the protein your body needs
- are low in saturated fats, which are mostly found in animal products
- include fiber, healthy fats, and phytochemicals
- encourage creativity with meals and ingredients
- examples: tofu, edamame, tempeh, beans, nuts, seeds, grains

0	Ways	to add	more	plant prote	ins

MOVEMENT FOR CHOLESTEROL

GENTLE MOVEMENT

incorporate the 3 different kinds of movement

- 1. a*erobic*: strengthens cardiovascular system walking, biking, hiking, dancing, swimming
- 2. *strength*: helps to build lean muscle body weight or light weight resistance
- 3. stress-relieving: lowers blood pressure stretching, yoga, meditation, tai chi







Webinar presented by Ashley Reaver, MS, RD

Ashley lives in Oakland, CA and operates the instagram account @lower.cholesterol.nutrition

She offers a comprehensive, self-paced course that helps people with high cholesterol lower their levels and live a longer, healthier life.

Learn more about the course here: https://cholesterol.mykajabi.com/a/2147490496/pV Evb3pF





