



Celebrate

National Cholesterol Education Month in September

About National Cholesterol Education Month

National Cholesterol Education Month encourages people to get their blood cholesterol checked and take steps to lower it if it is high. High blood cholesterol affects over 71 million Americans and can increase the risk of developing heart disease.¹

There are two types of cholesterol.

- LDL, the bad cholesterol, can clog arteries and may cause heart attacks and strokes
- HDL, the good cholesterol, reduces heart disease risk

There are four main ways to lower your cholesterol:

1. Healthy foods
2. Regular exercise
3. Nicotine cessation
4. Healthy weight¹

[Check out these low-cholesterol recipes!](#)⁴

Foods High in Cholesterol

- Processed meat
- Fried foods
- Baked goods
- Red meat
- Full-fat dairy products
- Fast food³

Foods to Lower High Cholesterol

- Whole grains
- Beans
- Nuts
- Vegetable oils
- Eggplant
- Apples
- Grapes
- Strawberries²
- Eggs
- Shellfish³

1. <https://www.mydocuc.com/september-is-national-cholesterol-education-month/#:~:text=The%20September%20is%20National%20Cholesterol,risk%20of%20developing%20heart%20disease>
2. <https://www.health.harvard.edu/heart-health/11-foods-that-lower-cholesterol>
3. <https://health.clevelandclinic.org/high-cholesterol-foods-to-eat-and-avoid/>
4. <https://www.foodnetwork.com/topics/low-cholesterol-recipes>

