



Reducing Cholesterol

Nutrients that reduce cholesterol and saturated fat in the blood and arteries are lecithin, vitamin E and C, and niacin. These are best taken in whole food form.

Mung Bean and Soybeans are especially good for cleansing the arteries but all legumes (peas, beans and lentils) are beneficial as they contain choline which is a lipotropic agent that controls fat metabolism (choline is also the primary component of lecithin).

Sprouts are also useful as they contain large quantities of Vitamin C, as are cabbage, parsley bell peppers, and citrus. It is helpful to eat some of the white pulp off the inside of the peppers, the core of the cabbage and the white pulp on the inside of citrus peel as these contain bioflavonoids which work with Vitamin C to strengthen blood vessel walls.

Plant fibre found in whole grains helps to reduce fat in the blood and prevents Hardening of the arteries. Eating whole grain with all its fibre and nutrients intact gets better results than eating bran supplements. The most helpful grains for cleaning arteries are Rye, Quinoa, Amaranth, and Oats.

Omega-3 fatty acid is particularly useful in cleansing the circulatory system of cholesterol and fat deposits, they also reduce blood viscosity, reduce clotting and lower blood pressure.

Good sources of omega-3 are; salmon, mackerel, sardine, herring, trout and tuna, flax seed, chia seed, pumpkin seed and soy products. Parsley and cereal grasses are also good sources.

Summary

Foods which remove arterial residues of fat and cholesterol

Legumes	Mung bean, soybean (and their sprouts) tofu, tempeh and most other legumes (peas, beans and lentils)
Grains	Rye, oats, quinoa, amaranth, rice, buckwheat, (these are best as whole grains or sprouted)
Vegetables and Fruits	Radish, horseradish, hot peppers, onion, garlic, scallion, shallots, cabbage, spinach, nasturtium leaf, carrot greens, broccoli, parsley, asparagus, rose hip, tomato, citrus, celery, banana, persimmon, seaweeds, cucumber and mushroom.
Nuts and Seeds	Almonds, hazelnut, flax seed, chia seed, pumpkin seed, poppy seed, walnut and sunflower sprouts
Animal Products	Sardine, salmon, mackerel, trout, tuna and raw honey.
Herbs	Hawthorn berry, dandelion root, burdock root, ginger and chamomile.

Saturated fats in the diet greatly increase the manufacture of blood cholesterol; other contributing factors are stress, cigarette smoking, coffee and refined sugars.

Saturated fat levels in common animal products

Egg yolk	24%
Whole egg	19%
Butter	63%
Clam	10%
Colby cheese	46%
Milk	30%
Yogurt	30%
Swiss cheese	42%
Fete cheese	50%
Pork bacon	34%
Lamb chops	42%
Chicken	15%

Stanols and Sterols:

Plant sterols are extracts of certain plants that, when ingested, inhibit the absorption of cholesterol in the small intestine. Thus, dietary cholesterol never gets into the system. Two plant sterols are now available in a spreadable form, as a substitute for margarine.

In Australia, only sterols, or more accurately sterol esters, have been introduced into margarines. The evidence for their LDL-level-reducing potential is strong, even better than that for eating less saturated fat!

Spreading 1 – 2 tablespoons of the spread on bread each day, as a substitute for margarine (and in combination with a low saturated fat, low cholesterol, high unsaturated fatty acid diet) can reduce LDL cholesterol levels by up to 10%, in about 90% of individuals

Found Naturally In:

Fruits, Vegetables, Nuts, Seeds, Cereals, Legumes, Vegetable Oils (particularly Soybean Oil)

Also Available In Higher Quantities In:

Commercially prepared table spreads and plant stanol ester dietary supplements

Properties:

When at least 1 gram per day is consumed in ester form the statistically significant effects are:

- reduced total cholesterol
- reduced LDL cholesterol
- no affect to HDL cholesterol or triglycerides

The Fat Dictionary

BLOOD CHOLESTEROL:

Cholesterol is a waxy, fat-like substance found in the bloodstream. It comes from two sources- your body and food. It is made by the liver and is used by the body to make hormones and other materials.

Cholesterol is an essential part of the human body. It must be present for the body to function normally. However, the average high-fat/high-cholesterol diet tends to add too much cholesterol to the bloodstream.

The excess cholesterol accumulates, along with other substances, in the walls of the blood vessels. Over time, this causes the arteries to become narrow and eventually cuts off the blood flow to the heart leading to a heart attack, or cuts off the blood flow to the brain leading to a stroke. Blood cholesterol is measured in milligrams per deciliter (mg/dl). The National Cholesterol Education Program (NCEP) has set guidelines for classifying blood cholesterol levels. They advise that a total cholesterol level less than 200mg/dl is a desirable level for adults.

CALORIE:

A calorie is a unit that measures energy. Calories come from four sources: carbohydrate, fat, protein and alcohol. When nutrition information is listed on packaged foods, calories are listed for one serving.

The following list shows the caloric value of each source of energy:

- 1 gram of protein = 4 calories
- 1 gram of carbohydrate = 4 calories
- 1 gram of alcohol = 7 calories
- 1 gram of fat = 9 calories

The following example shows how to apply the caloric value of each energy source:

A serving of cereal may have 16 grams of carbohydrate, 4 grams of fat, 5 grams of protein and contain 120 calories.

- Carbohydrate (16 grams x 4 calories per gram = 64 calories)
- Fat (4 grams x 9 calories per gram = 36 calories)
- Protein (5 grams x 4 calories per gram = 20 calories)

1 serving of cereal = 120 calories

DIETARY CHOLESTEROL:

Cholesterol is found in all animal products: meat, poultry, seafood, eggs and dairy products. It is especially high in egg yolks and organ meats such as liver, brains and kidneys. Eating foods high in dietary cholesterol tends to raise the level of blood cholesterol. The National Cholesterol Education Program (NCEP) recommends eating less than 300 milligrams of dietary cholesterol per day.

Vegetable products do not contain cholesterol, but they may be loaded with fat. Labels stating "NO CHOLESTEROL" on food packages should alert you to look at the nutrition information to determine the amount of fat and saturated fat. Research has shown that saturated fat is the most potent determinant of blood cholesterol levels (more than dietary cholesterol!)

FAT:

Fat is a major source of calories or energy. Fat improves the taste and odor of foods and gives a feeling of fullness. Fats form the structures in our bodies, including muscles, nerves, membranes and blood vessels and are essential for the absorption of fat-soluble vitamins A, D, E and K in the body.

Although some fat in the diet is necessary, too much fat can lead to heart disease, obesity and other health problems. There are three kinds of fat: saturated fat, polyunsaturated fat and monounsaturated fat. Fats in the diet may be of animal (saturated) or vegetable (unsaturated) origin.

Examples of fat in the diet are gravy, bacon, margarine, butter, cream, salad dressings and nuts. Meats and some milk products also contain significant amounts of fat. The guidelines recommended by the American Heart Association and the Surgeon General's Office suggest that fat should contribute no more than 30% of total calories. For those adults with heart disease a diet of 20 percent or even 10 percent of calories from fat is advised. The fat we eat is saturated and unsaturated. These terms refer to the chemical structure of the fat molecules.

A low total fat intake, with the majority of fat from unsaturated sources, appears to lower blood cholesterol levels. Too much of any of these fats will increase dietary fat intake, and excess body fat may increase cholesterol levels and the potential to increase body fat.