

## How to lower your “bad” LDL Cholesterol

It's easy to increase your LDL cholesterol and the overall cholesterol level. But how about lowering it? We all hear about the effect of high cholesterol levels on the cardiovascular system and how they increase the risk for heart disease and heart attack.

Eat a diet with lots of oats and soy protein. A 2001 study of 127 female subjects conducted by the Department of Preventive Medicine, Northwestern University Medical School, Chicago, IL, showed that a diet using either oats and milk or oats and soy protein led to significant lowering of total cholesterol, LDL (the “bad” kind of cholesterol), total fat intake, and a reduction in the body mass index (BMI).

The authors conclude that “...dietary interventions like the Step I diet are feasible in a community setting and can produce rapid and significant lipid-lowering benefits. Daily consumption of 2 servings of oats can contribute to further lipid alterations in this population although soy intake at this dose may not. Palatability and convenience are important considerations in achieving dietary adherence.”

Translation:

- Your mother was right: “Eat your oatmeal in the morning!”
- You can effect significant changes yourself without having to see a physician or be in a hospital or care setting.
- Make sure your oatmeal tastes good. Add some fresh or dried fruits, raisins, etc., to it so you can cut out the sugar.
- The Step I diet is the diet that was recommended by the American Heart Association. Since then, the AHA doesn't call it Step I any more, but the recommended diet is still very similar. Go to [American Heart Association](#) for details.

And now for the double punch: To increase the potency of the oats even more, add a glass of orange juice or fruit high in Vitamin C to your breakfast.

Want to know the vitamin and nutrient contents of fruits? [Click here](#)

Reference: Van Horn L, Liu K, Gerber J, Garside D, Schiffer L, Gernhofer N, Greenland P. Oats and soy in lipid-lowering diets for women with hypercholesterolemia: is there synergy? J Am Diet Assoc. 2001 Nov;101(11):1319-25.