Top Foods to Lower Cholesterol

- Garlic
- Oats
- Beans
- Nuts
- Citrus Fruits
- Avocado

High Cholesterol

For more information, call (816) 404-3320 or email Eskedar.Ashenaft@tmcmed.org
What is cholesterol?

Cholesterol is a waxy substance. It’s not inherently “bad”, in fact, your body needs it to build cells. But too much cholesterol can pose a problem. Cholesterol comes from two sources. Your liver makes all the cholesterol you need. The remainder of the cholesterol in your body comes from foods derived from animals. For example, meat, poultry and full-fat dairy products all contain cholesterol, called dietary cholesterol.

Why Cholesterol matters..

Cholesterol circulates in the blood. As the amount of cholesterol in your blood increases, so does the risk to your health. That’s why it’s important to have your cholesterol tested, so you can know your levels.

Check, Change and Control

When it comes to cholesterol levels, always remember:

- **Check** your cholesterol levels. It’s key to know your numbers.
- **Change** your diet and lifestyle to help improve your levels.
- **Control** your cholesterol, with help from your doctor if needed.