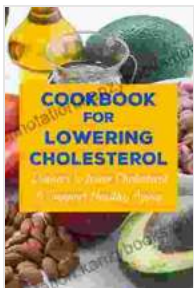


# Cookbook for Lowering Cholesterol: Recipes for a Healthy Heart

High cholesterol is a major risk factor for heart disease, the leading cause of death in the United States. But you can take steps to lower your cholesterol and improve your heart health by eating a healthy diet.



## Cookbook for Lowering Cholesterol: Dinners to Lower Cholesterol & Support Healthy Aging by Olga Petrenko

★★★★☆ 4.7 out of 5

Language : English  
File size : 17332 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting: Enabled  
Print length : 51 pages  
Lending : Enabled



This cookbook provides delicious, heart-healthy recipes that can help lower your cholesterol and improve your overall health. With a variety of dishes to choose from, you're sure to find something you'll enjoy!

## What is Cholesterol?

Cholesterol is a waxy substance that is found in all cells in the body. It is used to build cell membranes, hormones, and other essential substances.

There are two types of cholesterol: LDL cholesterol and HDL cholesterol.

- **LDL cholesterol**, also known as "bad cholesterol," is the type of cholesterol that can build up in your arteries and lead to heart disease.
- **HDL cholesterol**, also known as "good cholesterol," is the type of cholesterol that helps remove LDL cholesterol from your arteries and protect your heart.

## How to Lower Your Cholesterol

There are a number of things you can do to lower your cholesterol, including:

- **Eat a healthy diet.** A healthy diet for lowering cholesterol includes plenty of fruits, vegetables, whole grains, and lean protein. It should also be low in saturated fat, trans fat, and cholesterol.
- **Get regular exercise.** Exercise can help lower LDL cholesterol and raise HDL cholesterol.
- **Lose weight if you are overweight or obese.** Losing weight can help lower LDL cholesterol and raise HDL cholesterol.
- **Quit smoking.** Smoking can damage your arteries and increase your risk of heart disease.
- **Manage your blood sugar if you have diabetes.** High blood sugar can damage your arteries and increase your risk of heart disease.

## Recipes for Lowering Cholesterol

This cookbook provides a variety of delicious, heart-healthy recipes that can help lower your cholesterol and improve your overall health.

Here are a few of our favorites:

- Oatmeal with berries and nuts
- Grilled salmon with roasted vegetables
- Lentil soup
- Quinoa salad with grilled chicken
- Fruit salad with yogurt

Eating a healthy diet is one of the most important things you can do to lower your cholesterol and improve your heart health. This cookbook provides a variety of delicious, heart-healthy recipes that can help you reach your goals.

So what are you waiting for? Start cooking today!

## **Recipes**

### **Oatmeal with berries and nuts**

Ingredients:

- 1 cup rolled oats
- 2 cups water or milk
- 1/2 cup berries, fresh or frozen
- 1/4 cup nuts, chopped
- Honey or maple syrup, to taste (optional)

Instructions:

1. Combine the oats and water or milk in a saucepan over medium heat.
2. Bring to a boil, then reduce heat to low and simmer for 5 minutes, or until the oats are cooked through.
3. Stir in the berries and nuts.
4. Sweeten to taste with honey or maple syrup, if desired.

## **Grilled salmon with roasted vegetables**

Ingredients:

- 1 pound salmon fillet, skin-on
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup broccoli florets
- 1 cup carrots, peeled and chopped
- 1/4 cup red onion, chopped

Instructions:

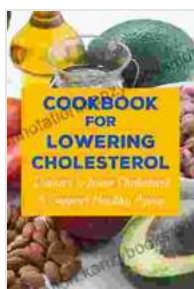
1. Preheat oven to 400 degrees F (200 degrees C).
2. Line a baking sheet with parchment paper.
3. Pat the salmon fillet dry with a paper towel.
4. Brush the salmon fillet with olive oil and season with salt and pepper.

5. Place the salmon fillet on the prepared baking sheet.
6. In a medium bowl, combine the broccoli, carrots, and red onion.
7. Toss the vegetables with olive oil and season with salt and pepper.
8. Spread the vegetables around the salmon fillet on the baking sheet.
9. Roast in the preheated oven for 15-20 minutes, or until the salmon is cooked through and the vegetables are tender.
10. Serve immediately.

## Lentil soup

Ingredients:

- 1 cup dried lentils, picked over and rinsed
- 6 cups vegetable broth
- 1 onion, chopped
- 2 carrots, chopped



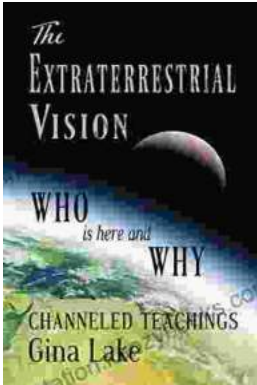
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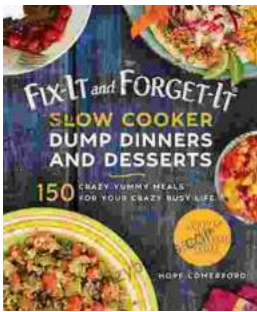
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