



## News You Can Use

Nutrition Education  
with Seniors

April 2022

### Lowering Cholesterol with the Diet

Your body needs cholesterol to make vitamins and hormones. But too much can put you at risk for heart disease.

Cholesterol travels in the blood on proteins called lipoproteins. Low density lipoproteins (LDLs) are “bad” cholesterol because they let cholesterol build up in blood vessels. High density lipoproteins (HDLs) are “good” cholesterol because they bring cholesterol back to the liver to be removed from the blood.



What we eat can help us keep blood cholesterol in a healthy range. A heart-healthy diet can lower “bad” cholesterol while raising “good” cholesterol! Making small changes to your diet can make a big difference!

**Choose healthier fats.** The cholesterol in food has little impact on blood cholesterol levels. It is the fat in foods that make a difference. Eat more unsaturated fats (e.g., olive oils, salmon, tuna, avocado, nuts, and seeds, etc.) to raise HDL levels. Limit saturated fats (e.g., full-fat dairy, meat products, cookies, cakes, etc.) to lower LDL levels.

**Eat soluble fiber.** Soluble fiber limits the absorption of cholesterol. Whole grain bread, oatmeal, bananas, apples, legumes, and lentils are examples of foods rich in soluble fiber.

**Limit sodium, added sugar, and alcohol.** While these three items aren't specific to lowering bad cholesterol, they're important for overall heart health. Too much sodium can increase blood pressure, and extra sugar and alcohol add extra calories which can lead to higher LDL, lower HDL, and being overweight.

Adapted from: <https://www.heart.org/en/health-topics/cholesterol/about-cholesterol>



### Applesauce

#### Selection:

- Choose cans or containers without obvious damage. This could mean the **applesauce** is unsafe to eat.
- Check the “Best by” or “Best if used by” date on the package.
- Look for “unsweetened” on the package.

#### Storage:

- Store unopened containers of **applesauce** in a cool, clean, and dry place.
- Once opened, place **applesauce** in an airtight container and store in refrigerator for 1 to 2 weeks.

#### Nutrition:

1 cup **applesauce**

- Counts as 1 cup of fruit in MyPlate
- Provides 3g of fiber

#### Uses:

- Substitute **applesauce** for oil in baking recipes.
- Serve **applesauce** with nuts, whole wheat crackers, and cheese for a MyPlate friendly snack!

