

I want to improve my cholesterol levels



I can

- Eat fish twice a week.
- Use olive oil and rapeseed oil.
- Decrease my intake of foodstuffs rich in hidden fats (fat rich meats, cooked meats, cheese, precooked and industrially prepared meals, pastries and fried foods).
- Eat at least one fruit and one vegetable per meal.
- Favour steam cooking or other methods that don't require fat.
- Engage in regular physical activity (walking, gardening and biking).



- There are 2 major kinds of cholesterol in the blood: the good (HDL) and the bad (LDL).
- 20% of total cholesterol is supplied through food intake and 80% is produced by the liver.
- The quality of consumed fats (mono and polyunsaturated fats) increases the good cholesterol (HDL) and reduces the bad cholesterol.
- A Mediterranean style diet can lower cardiac events by up to 70-80% without modifying the level of cholesterol in the blood (*Médecine et Hygiène*, 19.11.2003).

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I want to... I can... I am going to

