

Cholesterol – Let's Break it Down:

What is cholesterol?

Cholesterol is used by the body to build cells and make hormones and vitamins. It is a waxy substance that comes from the liver and meat, poultry, or dairy products from animals.

What does cholesterol do?

Cholesterol helps the blood to circulate but the more there is the higher the risk of disease. LDL is the bad cholesterol (that comes from animal products and the liver) and HDL is the good cholesterol. Arteries in the body can have build-up or become blocked with too much LDL and not enough HDL.

What are the effects of too much cholesterol?

Too much cholesterol can cause heart disease (CVD) and stroke.

What foods are high in HDL cholesterol (the healthy cholesterol)?

Whole grains, legumes, olive oil, fatty fish, nuts, and high fiber fruits are all examples of foods with high HDL cholesterol.

Mushroom Stroganoff

Serves 2



Image by Monika Schröder from Pixabay.com

Ingredients:

- ½ Tablespoon margarine or butter
- 1 medium Onion, chopped
- 2 cups sliced mushrooms
- ½ cup Broth or Stock of your choice
- ½ teaspoon garlic powder
- ½ Tablespoon corn starch
- 1 Tablespoons light sour cream or plain Greek yogurt
- 1.5 cups cooked whole grain noodles or brown rice

Directions

1. Wash hands with soap and water.
2. Heat the margarine in a large skillet over medium-high heat (350 degrees in an electric skillet). Add onion and mushrooms. Sauté and stir until starting to brown.
3. In a small bowl, mix broth or stock, garlic powder and cornstarch. Add to skillet and cook until sauce is thickened.
4. Remove from heat. Stir in sour cream or yogurt.
5. Serve with cooked whole grain noodles or brown rice. Garnish with paprika and chopped parsley if desired.
6. Refrigerate leftovers within 2 hours.

Recipe adapted from <https://foodhero.org/recipes/>

Why Be Concerned About Cholesterol?

Cholesterol can attach to other substances to form a thick, hard cluster inside the arteries. This cluster can cause the arteries to become narrow and less flexible. As a result, blood clots form and initiate a stroke or heart attack.

Foods containing unhealthy fats (saturated fats and trans-fats):

- Fatty meats
- Full-fat dairy products
- Butter
- Coconut oil
- Palm oil
- Deep-fried foods

For more information about cholesterol and heart health go to <https://www.heart.org>



Picture Courtesy of Pixabay.com

What is Cholesterol?

It is a waxy substance that comes from your liver and animal products. It helps your body build cells and make vitamins and hormones.

Directions

1. Preheat oven to 375 degrees F.
2. Wash sweet potato and pat dry. Cut into small pieces.
3. Cut onions
4. Toss sweet potato and onions in olive oil
5. Place in a baking dish and roast for 30-45 minutes, turning a few times throughout.
6. Allow the vegetables to cool to room temperature.
7. While veggies are cooking make rice according to package directions.
8. Set rice aside to cool.
9. In a large bowl, whisk together dressing ingredients and season with salt and pepper.
10. Add rice, sweet potato, onion, spinach, cranberries, and feta.
11. Toss well and serve.

Vegetable, Rice and Cranberry Salad

1-2 Servings | 20 min. Prep | 40 min. Cook

Ingredients

Salad

- 1 sweet potatoes
- ¼ c red onions
- ½ tsp olive oil
- ½ to 1 cup cooked rice
- 1 c spinach leaves
- 1/8 c dried cranberries
- 1 tbsp feta cheese
- 1 pinch salt and pepper

Dressing (Makes 4 servings, refrigerate up to 3 weeks)

- 1/4 c extra virgin olive oil
- 1 tbsp red wine vinegar
- 1 tsp honey
- ½ tsp ground cinnamon
- Pinch salt and pepper

Recipe adapted from <https://www.bestrecipes.com>

EAT WELL, AGE WELL: CHOLESTEROL EDUCATION

Cholesterol: Friend or Foe?

Cholesterol, in combination with diet, lifestyle, and medication information, can be used to assess cardiovascular risk. What is the difference between “good” and “bad” cholesterol?

“Good” vs. “Bad” Cholesterol

High-density lipoprotein (HDL) is “good” cholesterol. It works to lower “bad” cholesterol levels. HDL levels can be increased through physical activity and consuming unsaturated fats, like nuts and olive oil. Low-density lipoprotein (LDL) is “bad” cholesterol. LDL is abundant in foods high in saturated fat, like baked goods, fried foods, and full-fat dairy products.

For more information visit heart.org and mayoclinic.org

Tangy Vegetable Chowder

Servings: 3

Ingredients:

- 1 ½ tablespoons olive oil
- ½ cup red onion, diced
- ½ cup tomato, diced
- ¼ cup whole-wheat flour
- ½ teaspoon chili powder
- ½ teaspoon oregano
- ½ teaspoon garlic, minced
- 2 cups low-sodium vegetable broth
- 1 cup 2% milk
- 1 cup diced sweet potato or yam
- 1 can black or garbanzo beans (15 ounce), rinsed
- 1 red bell pepper, diced
- ½ tablespoon lime juice

Recipe adapted from: www.eatingwell.com

Directions

1. Place oil in a pot. With medium heat, cook onion and garlic until golden. Incorporate flour, chili powder, oregano, and pepper. Stir. Add milk and broth. Bring to a boil.
2. Incorporate sweet potatoes/yams and peppers. Stir. Simmer for about 15 minutes.
3. Incorporate beans and tomatoes. Stir. Simmer for 5 minutes. Add lime juice and garnish with additional oregano, cilantro, and/or lime wedges if desired.



Photo courtesy of pixabay.com

“Everything in moderation, including moderation.” – Oscar Wilde



Photo courtesy of Pixabay.com

Cholesterol: good or bad?

What cholesterol does?

Cholesterol is a building block for human tissues. A benefit of cholesterol is it assists in bile production for stomach digestion. It is a necessary lipid for healthy cells, but too much of it can cause fatty deposits within your blood vessels and cause cardiovascular disease (CVD). That is why moderation of foods high in cholesterol is good. Mono- and polyunsaturated fats are beneficial in consumption and aid in HDL “good” cholesterol production.

Heart healthy foods

- Oatmeal, high-fiber foods
- Fish/omega-3 fatty acids
- Avocados
- Beans
- Almonds/other nuts

Mediterranean Stuffed Tomatoes

2 servings



Photo courtesy of pixabay.com

Ingredients

- 1 large tomato
- ¼ cup packaged croutons
- 2 tbsp crumbled goat cheese
- 2 tbsp sliced pitted kalamata olives
- 1 tbsp reduced-fat vinaigrette or Italian salad dressing
- 1 tbsp chopped fresh thyme or basil

Recipe adapted from

<https://www.health.com/recipes/mediterranean-stuffed-tomatoes>

Why tomatoes??

Tomatoes are rich in lycopene which is shown to reduce levels of LDL (low-density lipoproteins). Lycopene gives fruits and vegetables a red color and is a vitamin called carotenoids. Studies have shown that the body absorbs more lycopene if the tomato is processed or cooked.

Directions

1. Preheat broiler.
2. Cut tomato in half, crosswise. Discard seeds and cut out the pulp, leaving 2 shells.
3. Place hollowed tomatoes, cut sides down, on a paper towel to drain for 5 minutes.
4. Chop pulp, transfer to a bowl. Add croutons, goat cheese, olives, dressing, and thyme/ basil; mix well. Mound mixture into hollowed tomatoes.
5. Place tomatoes on a baking sheet. Broil 4-5 inches from heat until cheese melts (about 5 minutes). Serve immediately.



Photo courtesy of Pixabay.com