

## Targeted Lifestyle Changes: Guidelines to Help Lower LDL

- **Decrease Saturated Fat to <7% of total daily intake**
  - Ex: <10 g saturated Fat on 1500 calorie regimen
  
- **Decrease cholesterol intake to <200 mg/day**
  
- **Increase viscous soluble fiber to 10-25 g/day**
  - o Soluble fibers attract water and form a gel-like substance, which will help slow down digestion and help you feel full. Soluble fibers will also help block the absorption of dietary cholesterol.
    - Source of fiber: oatmeal, apples, blueberries, lentils, flaxseed, nuts
  
- **Increase intake of plant stanols/sterols to 2-3 g/day**
  - o Plant sterols and stanols are naturally occurring substances found in plants. They look similar to cholesterol on a molecular level. When consumed, they will help block the absorption of cholesterol in the digestive tract and prevent the cholesterol from being absorbed into the bloodstream.
    - Sources of sterols/stanols: found in small quantities in many fruits, vegetables, nuts, seeds and legumes.
  
- **Decrease body weight by 5-10%**
  - If you are overweight, reducing your body weight by 5-10% can significantly improve your vascular health.
  
- **Increase level of physical activity**
  - o Strive for progress, not perfection. If you are currently living a sedentary lifestyle, set small realistic goals to become more active. Consider the FITT principle when looking to become more active:
    - Frequency: How many days/week?
    - Intensity: How challenging are your workouts?
    - Type: Walking, Biking, Swimming, Yoga, Yard work, etc.
    - Time: How much time can you dedicate to moving?
  - There are over 10,000 minutes in 1 week. The recommended guideline for moderate intensity aerobic physical activity is at least 150 minutes per week or 30 minutes 5 days per week..... That's 1.5% of your total weekly minutes.