



# Ways to Increase HDL

HDL=Good Cholesterol



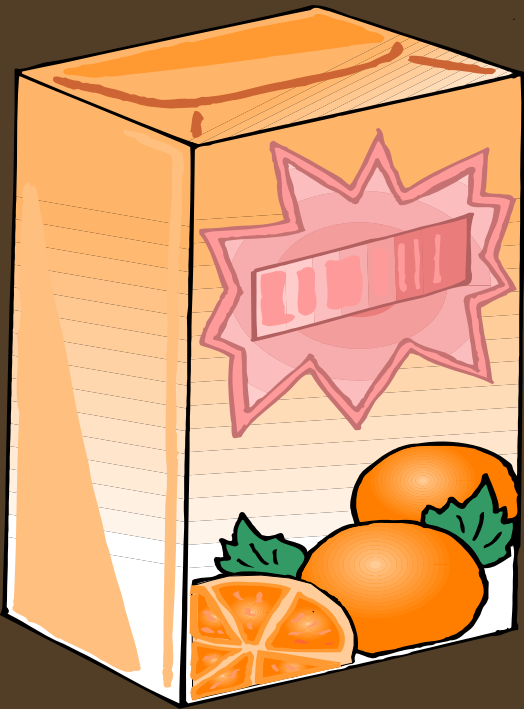
# Normal HDL Values

- HDL protects the heart from heart disease
- HDL Optimal Blood Levels
  - For men  $>40$
  - For women  $>50$



# Drink Orange Juice

- Drinking three cups of orange juice a day increased HDL levels by 21% in three weeks according to one study



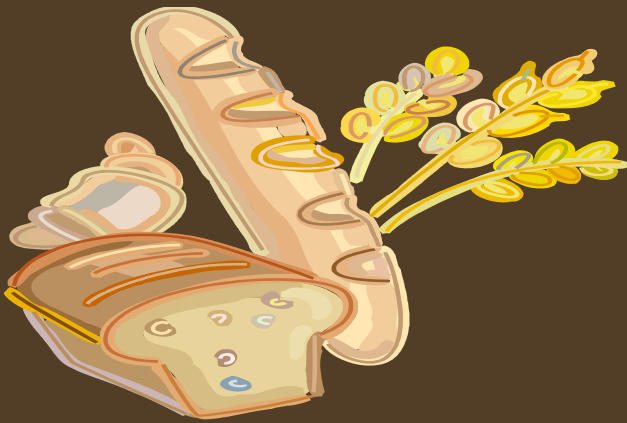
# Niacin Increases HDL

- Niacin is Vitamin B3
- Found in meats, fish, peanuts



# Glycemic Load

- How much a standard serving of a particular food raises your blood sugar
- As blood sugar goes up, HDL goes down in the blood
- Eat complex sugars whole grains, fruits and vegetables



# Choosing Better Fats

- Use Olive or Canola Oil
- Avocados
- Nuts
- Olives





# Soy

- When substituted for animal based products soy foods have heart health benefits.



# Alcohol in Moderation

- Increases HDL levels in blood
- Moves cholesterol deposits out of artery walls
- Take alcohol with food.
  - 1 drink/day-women
  - 2 drinks/day men





# Aerobic Exercise

- 30 Minutes of exercise most days of the week can raise HDL



# Stopping Smoking

- Kicking the habit can raise your HDL levels too.





# Losing Weight

- Being overweight or obese contributes to low HDL cholesterol levels

