

If your blood cholesterol is increased, then the first thing you need to think about is a reduction in saturated fat consumption. Even small changes in the diet can be of great importance.

Saturated fats, which are found in fatty varieties of meat, fatty dairy products and most processed products, can increase the level of harmful cholesterol. Several studies have shown that diets with a low content of saturated fats and a high content of unsaturated fats are associated with a lower level of cholesterol and with a decrease in the risk of heart disease.

Here are simple ways to reduce the consumption of saturated fats and improve heart health.

**Focus on moderate fat consumption.** In the “nutrition recommendations for Americans”, it is said that saturated fats should be less than 10% of the total consumption of kilocalories per day, while the American cardiological association recommends striving for 6%.

**Eat more fatty fats for the heart.** They are found in nuts, seeds, avocados, olive oil, fatty fish.

Doctors recommended to eat less saturated fats to improve cholesterol levels



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**Eat lean animal proteins.** They have fewer saturated fats. Choose from dairy products with a low fat content or low -fat.

**Cook more dishes with plant ingredients.** Soluble fiber in fruits, vegetables, whole grains, legumes, lentils and chia seeds, ground flax seeds can reduce the level of harmful cholesterol and total cholesterol.

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