



[Cholesterol](#) is a wax-like substance made by the liver. It plays a vital role in the normal functioning of the body, but only when it is in control. Sometimes, our bodies make more [cholesterol](#) than we require, and this surplus [cholesterol](#) keeps circulating in the bloodstream. High levels of [cholesterol](#) in the blood can block the blood vessels and increase the possibility of [heart diseases](#) and [stroke](#).

## Don't Miss



### Healthy Ways to Lower Cholesterol with Diet

5 Natural Foods to Lower Cholesterol

Reduce Cholesterol: Heart Friendly Recipes

In India, the way we prepare food makes it rich in cholesterol, since we tend to use a lot of oil, ghee, sugar and spices. Here are some natural ways to manage your [cholesterol](#) levels:

**Limit your consumption of red meat:** It is advisable to use meat that has been skinned as the [skin](#) is a concentrated source of cholesterol, [fats](#) and additional [calories](#). Avoid preparations that use a lot of oil. Opt for grilled, baked or tandoori dishes as they use much lesser oil than their gravy counterparts. Chicken and fish are a better option than red meat.

**Cook with olive oil:** Olive oil contains [antioxidants](#) that can bring down LDL [cholesterol](#) (bad cholesterol) without affecting your HDL [cholesterol](#) (good cholesterol) levels. It is suggested that consuming two tablespoons (about 23 grams) of olive oil a day is good for the heart.

**Add omega-3 to your diet:** Omega-3 fatty acids increase HDL [cholesterol](#). Fish, flaxseeds, nuts and almonds are some of the richest sources of omega-3.

**Stay active:** Physical activity helps you control your weight and can reduce your chances of developing conditions that may put a strain your heart, such as high blood pressure, high [cholesterol](#) and [diabetes](#). It also reduces stress, which is a major factor in heart disease. You should exercise for 30 minutes every day, whether it is going to the gym, playing a sport or taking a brisk walk.

**Eat garlic:** Garlic lowers cholesterol, prevents blood clots, reduces blood pressure, and protects against infections. Try for two to four fresh cloves a day.

**Drink tea:** Black tea is a great defence against high LDL [cholesterol](#) levels. It is advised to drink one cup of black tea every day.

\*Data courtesy: [Ms. Kanchan Naikawadi, Preventive Healthcare Specialist, Indus Health Plus.](#)

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