

## #HEALTH AND FITNESS

# Ways to cut bad cholesterol

Cholesterol, cholesterol level, cholesterol lowering food, heart disease treatment, trans-fat, fibre intake food,

A balanced level of cholesterol is necessary for the body to build and maintain cells. Trying to reduce your excess cholesterol comes with added perks like better physical health, mental health, and a healthier lifestyle. According to the Centres for Disease Control and Prevention (CDC), cholesterol levels should be checked every 5 years after hitting the age of 20. Here are some ways you can keep your cholesterol levels in check. Follow these tips and lead a better, more active, healthy, and fulfilled life.

## Reduce saturated fats

Saturated fats are usually solid or wax-like at room temperature, often found in dairy food like cream, butter, cheese, full-fat milk, cooking margarine, palm oil, coconut oil, red meat, etc. Higher intake of saturated fats increases low-density lipoproteins (LDL), subsequently raising the risk of coronary heart diseases. The American Heart Association (AHA) recommends that only 5-6 percent of your daily calories come from saturated fats.

## Cut out trans-fat from your diet

Trans-fat is considered the worst type

of fat for consumption. The U.S. Food and Drug Administration (FDA) banned artificial trans-fat in the USA. They increase your risk of stroke, cardiovascular diseases, and type 2 diabetes. Some foods that include trans-fat are margarine, shortening (used for baking), baked goods like cookies and pastries, fried fast food like fried chicken, French fries, mozzarella sticks, doughnuts, refrigerated or pre-made dough, microwave popcorn, non-dairy coffee creamer, etc. Check the labels of pre-packaged foods to see if there is any trans-fat.

## Opt for a mix of monounsaturated and polyunsaturated fats

Both monounsaturated and polyunsaturated fats decrease LDL in the blood and increase high-density lipoprotein (HDL), the so-called 'good cholesterol'. Monounsaturated fats also reduce the oxidation of cholesterol. Monounsaturated fats can be found in olive oil, peanuts and canola oil, nuts like almonds, hazelnut, cashews, avocados, olives, nut butters, pumpkin seeds, sesame seeds, etc.

By Maliha Arosha Hasan

## ◆ HOROSCOPE ◆



### ARIES (MAR. 21-APR. 20)

Don't get involved with anyone unreasonable. Your partner could be hiding something. Avoid making rash decisions. Your lucky day this week will be Saturday.



### CANCER (JUN. 22-JUL. 22)

Relatives will be difficult to deal with. Uncertainties in your relationship will surface. Get involved in worthwhile endeavours. Your lucky day this week will be Friday.



### TAURUS (APR. 21-MAY 21)

A loved one may be in poor health. Don't jump into investments too quickly. Spend time you're your partner. Your lucky day this week will be Monday.



### LEO (JUL. 23-AUG. 22)

You're in the mood for love. Don't react poorly with your partner. Be prepared for an active but rewarding day. Your lucky day this week will be Thursday.



### GEMINI (MAY 22-JUN. 21)

Minor health problems might flare up. Sort out your friend's problems. Your boss might not be happy with you. Your lucky day this week will be Saturday.



### VIRGO (AUG. 23-SEP. 23)

You might be interested in multiple individuals. Avoid attracting toxic people. Don't beat around the bush. Your lucky day this week will be Friday.



### LIBRA (SEP. 24-OCT. 23)

Do something nice for yourself. Take your time with things. Property deals will be beneficial. Your lucky day this week will be Tuesday.



### SCORPIO (OCT. 24-NOV. 21)

Don't settle for less. Find out everything beforehand. Get involved in competitive sports this week. Your lucky day this week will be Tuesday.



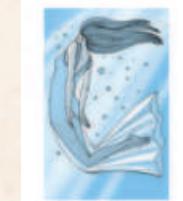
### CAPRICORN (DEC. 22-JAN. 20)

Romantic opportunities may develop through groups. Sudden changes in your friend circle are likely. Listen to your partner's complaints. Your lucky day this week will be Friday.



### AQUARIUS (JAN. 21-FEB. 19)

Digging for information will unearth an amazing financial deal. It's time to move on. Be patient and understanding. Your lucky day this week will be Wednesday.



### PISCES (FEB. 20-MAR. 20)

Sort out your insecurities. Don't let friends take advantage of you financially. Major decisions regarding your professional direction will come up. Your lucky day this week will be Wednesday.

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ফাস্ট ওয়াশ  
ডিটারজেন্ট পাউডার  
১ কেজির সাথে

১ টি **২০** ৫৭০ লক্ষ্মীসোপ **ফ্রী!**

