

Changing Your High Cholesterol Diet Menu

Contributed by Webmaster

By Ben Needles

Changing your high cholesterol diet menu is easier than it may sound. It won't cost you as much as you think and the changes that result from it will make your life better. Your pantry will be the starting point. Here is where you may need to toss out some things and purchase substitutes but really that's all you have to do.

You need to begin by changing the things that you use such as salad dressings, and marinades, by changing these you can go a long way to reducing the amount of cholesterol in your diet. The way in which you cook your food can also change the amount of cholesterol in your diet. You will also find that when you change the way you cook your food it will taste better and be better for you.

Cooking Methods

Changing your cooking methods from a high cholesterol diet menu to a low cholesterol diet is not that hard either. By altering the way you prepare and cook food you can have a much healthier diet. Replace frying meat with broiling or grilling. The flavor of a burger, lamb chop, steak will be just as good when grilled or broiled instead of pan-fried.

Purchase a rack that you can use to drain off the fat after cooking. Whether you baked, roasted, or broiled the meat using a rack to drain off the fat before serving will help to reduce the fat content in your meals. When you baste meat during cooking use wine, olive oil, or fruit juice instead of the meat juices. This will still retain the flavor and keep the meat moist and tasty.

Planning what you are going to cook a day ahead can also help. When you cook a stew or soup for example, you will notice that after a day in the refrigerator fat floats to the top of the dish. By removing this fat on the top before serving will take you from a high cholesterol meal to a low cholesterol meal and by cooking a day before will help you also save you time in the kitchen.

Increase Your Vegetables

Vegetables have no cholesterol and by cooking your vegetables in a little bit of olive, canola, or sunflower oil makes them tasty and easy to prepare be sure to always include them as part of your meals. By increasing the amount of vegetables that you eat in a day will help you avoid a high cholesterol diet.

For dessert substitute your creams and custard with fruit salads with fresh fruit and low fat yogurt. Try and avoid using canned vegetables and fruits when you are avoiding a high cholesterol diet menu, as these foods are high in salt.

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About the Author (text)Need more information on cholesterol and ways to reduce it then please visit:<http://www.yourcholesteroldiet.com/>

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