



50% Of Adults Have Borderline To High Cholesterol

The Food and Nutrition Research Institute (FNRI) under the Department of Science and Technology (DOST) conducted a National Nutrition Survey in the Philippines in 2013 with a total of 19,010 adult participants over the age of 20.

Findings from the study suggest that there was an overall prevalence of borderline to high LDL cholesterol levels, with 5 out of 10 adults included in the study having borderline to high bad (LDL) cholesterol levels.

It's best to check with a health care professional on a regular basis to track your levels. Whether you're in the danger or safety zone, it's always a good idea to keep your bad cholesterol level in check. Here are some ways you can manage your cholesterol:

Exercise

Aside from fitting into that fab dress you've been dreaming of, exercise can lower your cholesterol levels as well. According to an article in [WebMD](#), exercising 2 ½ hours per week is enough to raise high-density lipoproteins (good cholesterol) and lower low-density lipoproteins (bad cholesterol) and triglycerides.

Quit smoking

An article from the [Mayo Clinic](#) suggests that smoking lowers the good (HDL) cholesterol as it injures the lining of the blood vessels. This then increases the risk of developing blood clots that may lead to the hardening of arteries.

Laugh more

Constant stress can take its toll on the body physically. When one experiences severe stress, this can most likely lead to a poor diet, higher body weight and higher levels of cortisol also known as "the stress hormone", all of which are known risk factors of high cholesterol. The statement "laughter is the best medicine" has truth to it. Laughing is said to increase good (HDL) cholesterol.

Watch what you eat

While eating to your heart's content is deeply satisfying, over-indulging, especially on unhealthy food, is not good when it comes to your health. Check this [article](#) to get an idea of some of the food and ingredient options that are good for you. To also help you better manage your cholesterol levels, why not pair your meals with a refreshing glass of Del Monte Heart Smart [100% Pineapple Juice](#) or [Orange Juice Drink](#). Each serving contains Reducol which has been clinically proven to help lower cholesterol.

1 IN 2 FILIPINO ADULTS HAVE BORDERLINE TO HIGH CHOLESTEROL

REDUCE CHOLESTEROL NOW

BASED ON FNRI STUDY, NNS 2013



Now that you know how you can better manage your cholesterol levels, make sure to put this information into practice so that you don't become a part of the borderline to high cholesterol statistic.

Sources:

Top 5 lifestyle changes to improve your cholesterol <http://www.mayoclinic.org/reduce-cholesterol/art-20045935>

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HDL Cholesterol: The Good Cholesterol <http://www.webmd.com/cholesterol-management/hdl-cholesterol-the-good-cholesterol>

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Smoking and High Cholesterol, <http://www.webmd.com/cholesterol-management/smoking-and-high-cholesterol>

High Cholesterol? Relax!, <http://www.progressivehealth.com/stress-causes-high-cholesterol.htm>

The Cholesterol-Smoking Connection <http://www.everydayhealth.com/high-cholesterol/the-cholesterol-smoking-connection.aspx>

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