



High-density lipoprotein is known as **“good” cholesterol**.



Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins like fish and seafood.

Limit sugary foods and drinks, red or processed meats, salty foods, refined carbohydrates and highly processed foods.



Physical activity helps improve cholesterol levels.

The fats you eat can affect your cholesterol levels. Replace saturated fats with unsaturated fats.



Smoking lowers good HDL cholesterol. It also raises your risk of heart disease.



Track your cholesterol levels over time and take steps to reduce high cholesterol.