

HELP TO LOWER YOUR CHOLESTEROL WITH

# *FLAXSEEDS*

## **FIBER**

Flaxseeds are a good source of soluble and insoluble fiber. Soluble fiber can help to lower cholesterol levels by preventing the absorption of cholesterol by the body.

## **OMEGA-3 FATTY ACIDS**

Flaxseeds are an excellent source of omega-3 fatty acids. Omega-3s are "good fats" that help to lower LDL cholesterol and triglyceride levels.

## **TIPS**

Your body absorbs the nutrition from ground flaxseeds better than whole. You can purchase ground flaxseeds at your local grocery store. Add ground flaxseeds to smoothies, granola, peanut butter, or soups. Ground flaxseeds can also be used in place of eggs or oil when cooking.

## **COVID-19**

Consuming flaxseeds may also help to support a healthy immune system. A strong immune system is needed to fight against viruses such as COVID-19.

*Contact us today to schedule a nutrition appointment!*

*Office: 423-339-1415 Email: rdreferral@aol.com*

*Like us on Facebook!*

