



Beat Cholesterol

Before It Beats Your Heart

TRINAYAN
HEALTH CARE & RESEARCH CENTRE
HOSPITAL
BORGHAT, NH BYEPASS, NAGAON, ASSAM-01
Tel- +919193759655 email-info@trinayanhospital.com
9435929001 www.trinayanhospital.com



**Your Guide
To
Prevention**

EAT SMART- LIVE STRONG

Recipe Guide

Healthy food choices, regular activity, and medical guidance can help reduce cholesterol and protect your heart.

Oats & Vegetable

Heart Bowl

Ingredients:

- ½ cup oats,
- 1 cup water,
- ¼ cup mixed vegetables (carrot, beans, spinach),
- 1 tbsp olive oil,
- Cumin,
- Garlic,
- a pinch of turmeric,
- Minimal salt.

Method:

Fry cumin seeds & garlic in olive oil. Add vegetables and cook lightly. Add oats, water & turmeric. Cook 5–7 minutes. Serve warm.

Heart Benefits:

- Rich in soluble fiber (beta-glucan) that helps reduce LDL cholesterol.
- Helps control body weight and blood sugar.
- Supports heart health.





Sprouts & Cucumber Salad

Ingredients:

- 1 cup mixed sprouts
- ½ cucumber (chopped)
- 1 small tomato
- 1 tbsp lemon juice
- Fresh coriander
- Black pepper (optional)

Method:

Mix all ingredients. Serve fresh.

Heart Benefits:

- High in plant protein and fiber.
- Supports cholesterol reduction.
- Helps maintain a healthy weight.

Physical Activity

TRINAYAN HOSPITAL
HEALTH CARE & RESEARCH CENTRE
BORGHAT, NH BYEPASS, NAGAON, ASSAM-01
Tel- +919193759655 email-info@trinayanhospital.com
9435929001 www.trinayanhospital.com

Exercise helps reduce LDL (bad cholesterol), increase HDL (good cholesterol), and maintain a healthy body weight.



Daily Activity Routine

30–45 minutes brisk walking

10 minutes stair climbing (if suitable)

Light strength training (3x/week)

Avoid sitting > 30 minutes continuously



Not For Commercial Purpose, Copyright Protected, Only for Education Purpose

FOR HEART HEALTH

YOGA Activity



Recommended Yoga Asanas

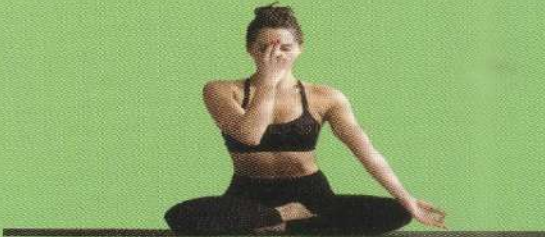


Surya Namaskar

Improves metabolism and supports fat burning.

Bhujangasana

Enhances blood circulation and strengthens the heart.



Pranayama (Anulom Vilom)

Reduces stress, which can contribute to unhealthy cholesterol levels.

Vajrasana

Improves digestion and helps maintain healthy metabolism.



Pawanmuktasana

Supports digestion and helps reduce abdominal fat.

Always consult a doctor before starting a new exercise program if you are a cardiac patient.

Combining regular physical activity, healthy diet, and prescribed medication can significantly help in achieving healthy cholesterol levels and reducing the risk of heart disease.

Reference:

American Heart Association. Diet and lifestyle recommendations for cardiovascular health. Dallas: American Heart Association; 2023. Available from: <https://www.heart.org>

Heart Care: Essential Do's & Don'ts

Healthy lifestyle + regular treatment helps control cholesterol and protect your heart.



Do's



Check your lipid profile regularly



Choose healthy fats (olive oil, mustard oil, nuts)



Eat fiber-rich foods daily (oats, fruits, vegetables, whole grains)



Exercise 30–45 minutes daily



Maintain a healthy weight



Take medications as prescribed

Don'ts



Avoid fried, oily, and processed foods



Limit red meat and high saturated fat foods



Reduce sugary drinks and refined carbs



Do not smoke



Avoid excess alcohol



Do not stop medicines without a doctor's advice

Not For Commercial Purpose, Copyright Protected, Only for Education Purpose

References:

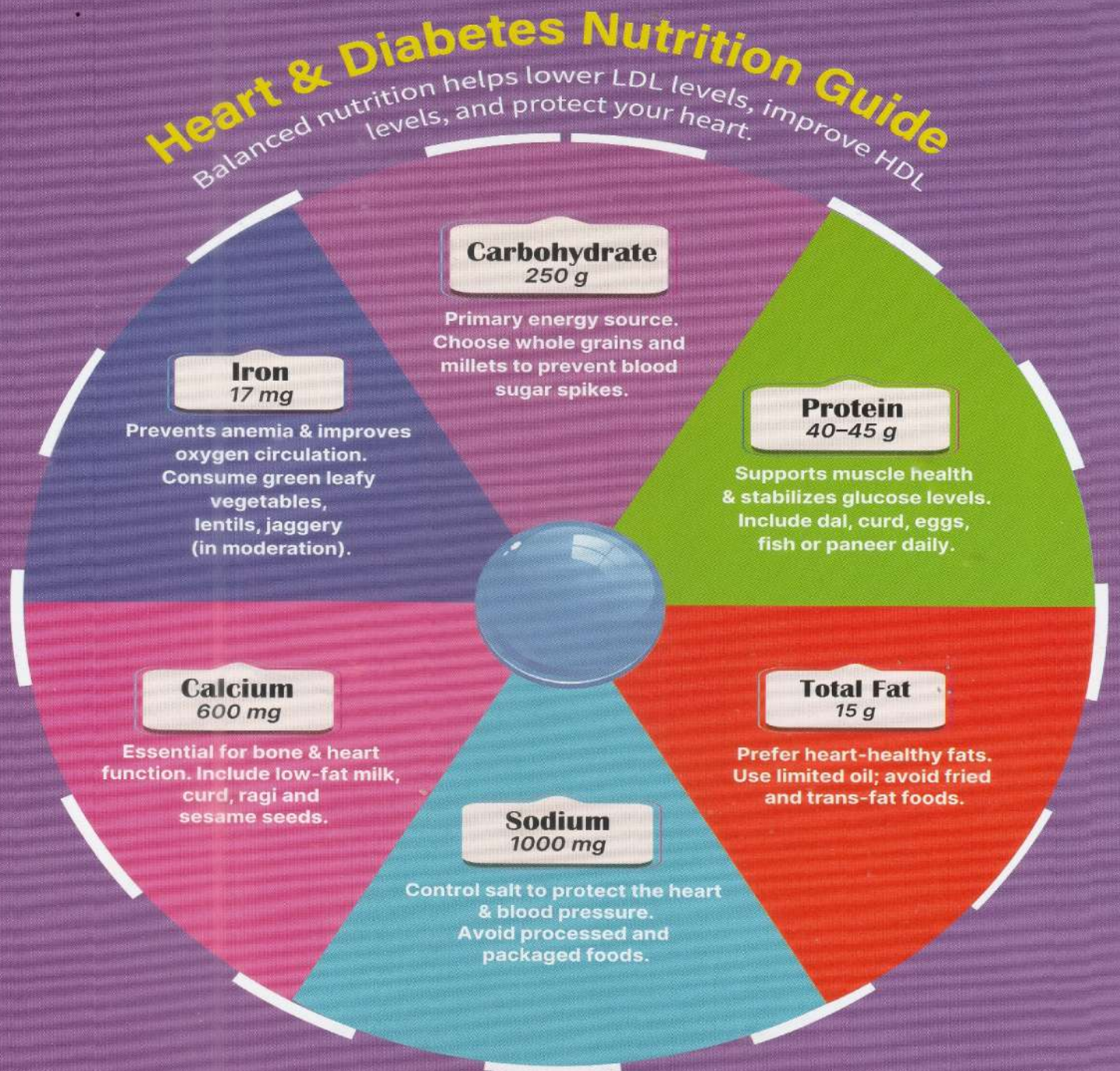
- Grundy SM, Stone NJ, Bailey AL, Beam C, Birtcher KK, Blumenthal RS, *et al.* 2018 AHA/ACC guideline on the management of blood cholesterol. *Circulation*. 2019;139(25):e1046-e1081.
- American Heart Association. Diet and lifestyle recommendations for cardiovascular health. Dallas: American Heart Association; 2023. Available from: <https://www.heart.org>
- df.org n.d. https://idf.org/media/uploads/2025/04/IDF_Rec_2025.pdf (accessed February 13, 2026).

**Years of
TRUST**



..... Divinity in Healthcare

*The Leading Multi Super-Speciality
Hospital*



Not For Commercial Purpose, Copyright Protected, Only for Education Purpose

References:

Dr Wealthify. True Wealth is Health. Available at: https://www.drwealthify.com/diet_descriptions.php?id=14 (Accessed February 13, 2026).
RSSDI. Clinical Practice Recommendations 2022. Available at: [https://www.rssdi.in/newwebsite/RSSDI-Clinical-Practice-Recommendations-2022%20\(1\).pdf](https://www.rssdi.in/newwebsite/RSSDI-Clinical-Practice-Recommendations-2022%20(1).pdf) (Accessed February 13, 2026).