

Healthy Living Focus High Cholesterol!



Hello and welcome to this week's healthy living focus, in this edition we are taking a look at high cholesterol. We will look at exactly what high cholesterol is, what causes it, and how we can make healthy lifestyle changes to lower cholesterol, such as eating less fatty food, and cutting down on alcohol! The recipe of the week is for a delicious healthy Moussaka. We hope you enjoy giving it a go!

What is high cholesterol?

High cholesterol is when you have too much of a fatty substance called cholesterol in your blood. It can be caused by

- eating fatty food
- not exercising enough
- being overweigh
 - smoking
- drinking alcohol
- run in families

You can lower your cholesterol by eating healthily and exercising more. Some people will also need medication.

Too much cholesterol makes you more likely to have heart problems or a stroke, so it is important to make healthy lifestyle changes if you have high cholesterol.

Stop Smoking

Quitting smoking or cutting down on cigarettes can help to lower cholesterol levels!

Tips to cut down on alcohol

have several alcohol free days a week

avoid drinking more than 14 units of alcohol a week

swap alcoholic drinks to alcohol free versions, or sugar free fizzy drinks

Eat less fatty food

Reducing the amount of saturated fat in your diet is a great way to lower cholesterol. Try to eat more:

- oily fish, such as mackerel and salmon
- brown rice, bread and pasta
 - nuts and seeds
 - fruits and vegetables
 - salad

CHOLESTEROL



Healthy Living Goal

Aim to get out for a brisk 20 minute walk each day this week.

Exercise More!

- ✓ Aim to do 150 minutes of exercise each week
- ✓ Try a daily brisk 20 minute walk
- ✓ Why not try swimming or cycling?
- ✓ Find something you enjoy doing as you are more likely to keep it up!



- ✓ Visit <https://www.nhs.uk/conditions/high-cholesterol/> for further information and support regarding high cholesterol.

RECIPE OF THE WEEK

Healthy Mousakka



Ingredients

200g frozen sliced peppers
3 garlic cloves , crushed
200g extra-lean minced beef/quorn
100g red lentils
2 tsp dried oregano , plus extra for sprinkling
500ml carton passata
1 aubergine , sliced into 1.5cm rounds
4 tomatoes , sliced into 1cm rounds
2 tsp olive oil
25g parmesan , finely grated
170g pot 0% fat Greek yogurt
freshly grated nutmeg

Method

1. Cook the peppers and garlic gently in a large non-stick pan for about 5 mins, then add the beef mince or quorn if using. Break up with a large spoon and cook until brown.
2. Tip in the lentils, half the oregano, the passata and a splash of water. Simmer for 15-20 mins until the lentils are soft, adding more water if you need to.
3. While this is simmering, heat the grill to Medium. Arrange the aubergine and tomato slices on a non-stick baking tray and brush with the oil. Sprinkle with the remaining oregano, then grill for 1-2 mins each side until lightly charred.
4. Mix half the Parmesan with the greek yogurt and a little black pepper.
5. Divide the mince mixture between 4 small ovenproof dishes and top with the sliced aubergine and tomato. Spoon over the yogurt topping and sprinkle with the extra oregano, Parmesan and nutmeg. Grill for 3-4 mins until golden.

Healthy Living Tips

- Serve with a big green side salad if you like!
- Individual portions can be stored in the fridge for up to 3 days, ensure piping hot when reheating!

Meet our Healthy Living Coordinator, Claire. Who is responsible for our newsletter and healthy living project.

If you have any queries, would like to suggest a feature for our future newsletters, or would like support and advice around issues raised here, please contact Claire at

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