

Cholesterol - Alcohol & Folic Acid Benefits

Now, a health minute.

Did you know you can lower your risk for a heart attack and stroke by eating more leafy green vegetables?

They contain folic acid, and according to the National Institutes of Health, increased folic acid lowers the amount of an amino acid called homocysteine in the blood.

High homocysteine levels may increase your risk of cardiovascular disease.

You can also find folic acid in foods such as fresh fruits, beans, whole grains, vitamin supplements and in fruit juices and red wine.

And that glass of red wine or before dinner drink may help as well.

Moderate consumption appears to raise the level of good cholesterol in the blood.

For those who already drink alcohol, the American Heart Association says no more than 1 drink per day for women and 2 drinks per day for men can help lower their risk of heart disease.