

Blood Lipids: *What you Should Know for Your Health*



<h3>Total Cholesterol</h3> <ul style="list-style-type: none"> • It is a fat like substance always present in the human body & essential for normal body functioning • The human body obtains cholesterol from two sources – the cholesterol the body makes & from food eaten • Found only in animal foods • <u>Desirable level:</u> less than 200 mg/dL 	<h3>To Lower Total Cholesterol</h3> <ul style="list-style-type: none"> • Attain desirable weight • Eat less fat of all kinds • Eat less saturated fat <ul style="list-style-type: none"> - Saturated fat raises blood cholesterol more than anything else in the diet. • Eat less cholesterol • Eat more soluble fiber (look for cereals & breads with 3 g or more dietary fiber, try whole wheat pasta, brown rice) • Avoid trans fat
<h3>HDL Cholesterol</h3> <ul style="list-style-type: none"> • Referred to as the “good” cholesterol • HDL’s help remove cholesterol from the blood to prevent the accumulation of cholesterol in the artery walls. • HDL’s carry cholesterol back to the liver for processing and removal from the body. • <u>Desirable level:</u> 45mg/dL or more 	<h3>To Raise HDL</h3> <ul style="list-style-type: none"> • Do aerobic exercise regularly • Attain desirable weight • Quit smoking
<h3>LDL Cholesterol</h3> <ul style="list-style-type: none"> • Referred to as the “bad” cholesterol • Can build up on the walls of blood vessels and lead to heart disease and heart attack • <u>Desirable level:</u> less than 100 mg/dL 	<h3>To Lower LDL</h3> <ul style="list-style-type: none"> • Attain a healthy weight • Eat less fat of all kinds • Eat less saturated fat • Eat less cholesterol • Avoid trans fats • Eat more soluble fiber (look for cereals & breads with 3 g or more dietary fiber, try whole wheat pasta, brown rice) • 2 gm/day plant stanols/sterols (Margarines – Benecol, Promise, Smart Balance Omega Plus, Minute Maid Heart Wise Orange Juice, Cocoa Via Chocolate, Nature Valley Healthy Heart Granola Bars, Sturms Village Farms Oatmeal)
<h3>Triglycerides</h3> <ul style="list-style-type: none"> • Are the chemical name for fats that circulate in the blood • Made from excess calories, sugar or alcohol • High levels are a risk factor for heart disease • <u>Desirable level:</u> less than 150 mg/dL 	<h3>To Lower Triglycerides</h3> <ul style="list-style-type: none"> • Drink little or no alcohol • Eat less fat of all kinds • Lose excess weight • Eat fish two times/week • Exercise regularly • Eat more whole grains and fewer sweets • Do not smoke