



## Cholesterol & Your Health

Cholesterol is essential to a healthy body. Its functions include; building blocks for cells and hormones, but too much can be bad for you and puts you at risk for heart disease and stroke. Excess cholesterol sticks to the walls of blood vessels, making it hard for blood to move through them. Most of your cholesterol is found in the liver but is also present in the brain, kidneys, adrenal glands and covers nerve fibers. Cholesterol is transported through the blood by lipoproteins. These include HDL, LDL & Triglycerides. Each type has a specific job in the body.

HDL- is known as the "Good" cholesterol because it is associated with lower risk of heart disease. It carries excess cholesterol away from coronary arteries.

LDL- is known as the "Bad" cholesterol because too much can block the arteries of the heart.

Triglycerides- help store fat in the body. Increased levels can cause inflammation of the pancreas and plays a role in heart disease.

### Risk Factors For Heart Disease

- |                       |                            |
|-----------------------|----------------------------|
| * lack of exercise    | * smoking                  |
| * high blood pressure | * diabetes                 |
| * obesity             | * high levels of LDL (bad) |

### Women And Cholesterol Levels

The leading cause of death in women is heart disease. Before menopause estrogen protects the heart because it helps raise the level of HDL (good) and helps to lower the LDL (bad). Birth control pills contain estrogen and progesterone. Progesterone can increase LDL. It is best to have a pill that contains low levels of progesterone. Hormone replacement therapy can help a woman to protect her heart because this therapy contains estrogens.

### What Is Normal Cholesterol Level?

Total cholesterol should be <200  
Triglycerides should be <250

HDL should be >35  
LDL should be <130

### Lowering Your Cholesterol

- Diet**
- \* prepare foods by baking, broiling or steaming
  - \* cut visible fat from meats
- Fats**
- Choosing foods low in fat, especially saturated fats. There are 3 types of fats saturated, polyunsaturated and mono-saturated.
1. Saturated fats (palm oil and coconut oil) interfere with the breakdown of cholesterol in the body.
  2. Polyunsaturated (corn oil, safflower oil and sesame oil).
  3. Mono-saturated (peanut oil, canola oil and olive oil) do not interfere with the breakdown of cholesterol as much as saturated fats do.
- \* 20-30% of your daily calories should come from fats.
  - \* 30-40gms of fat is sufficient in a day
  - \* 1gm of fat is equal to 9 calories
  - \* get use to reading labels on foods

### Eating Out

Be just as careful when you dine out as you are when you make your own meals.

- Salad - Use light corn oil and vinegar dressings
- Bread - Use margarine instead of butter if desired
- Chicken - Eat broiled or grilled chicken; remove its skin before eating
- Steak - Ask the chef to trim off any excess fat before cooking
- Hamburger - Avoid cheese or mayonnaise toppings - add tomato or lettuce instead
- Fish - Select broiled or poached fillets
- Pasta - Use marinara, clam, or tomato sauce without meat or sausage (avoid cream sauce)
- Pizza - Choose vegetable toppings instead of cheese or meat toppings
- Baked potato - Avoid toppings such as butter or sour cream
- Vegetables - Eat plenty of these, but without any heavy sauces
- Dessert - Sherbet and fresh fruit are excellent choices
- Coffee, tea - Use skim milk or nondairy, nonfat creamer

	<b>Choose</b>	<b>Go Easy</b>	<b>Avoid</b>
<b>Meat, poultry, fish, and shellfish</b> (up to 6 ounces per day)	Lean cuts of meat with fat trimmed, chicken and turkey without skin, fish, shellfish	Processed meats and lunch meats, which contain fats, sodium, and preservatives.	"Prime" grade fatty cuts of meat, goose, duck, liver, kidneys, sausage, bacon, regular luncheon meats, hot dogs
<b>Dairy products</b> (2 servings per day; 3 for pregnant or breastfeeding women)	Skim milk, 1% milk, low-fat buttermilk, low-fat evaporated or nonfat milk, low-fat yogurt, cottage cheese, cheeses labeled "no more the 2-6gms of fat per ounce	2% milk, yogurt, part-skim ricotta, part-skim or imitation hard cheeses (like part-skim mozzarella) "lite" cream cheese or sour cream	Whole milk, cream, half and half, imitation milk products, whipped cream, custard-style yogurt, whole milk ricotta, hard cheeses (like Swiss, American, cheddar), cream cheese, sour cream
<b>Eggs</b>	Egg whites, cholesterol free egg substitutes	Egg yolk (no more than 3 per week)	Fast food eggs, which may be cooked in hydrogenated oils
<b>Fats and oils</b> (up to 6-8 tsp a day)	Corn, olive, peanut, canola, safflower, sesame, and soybean oils, nuts, seeds, avocados, olives	Full fat salad dressings, butter	Hydrogenated oils of any type, lard, bacon fat, coconut and palm kernel oils
<b>Breads, cereals, pasta, rice, dried peas, and beans</b> (6-11 servings per day)	Whole grain breads, bagels, English muffins, rice cakes, low-fat crackers (matzo, bread sticks, rye crisps, saltines), hot and cold cereals; spaghetti, macaroni, noodles, and brown rice	Store bought pancakes, waffles, biscuits, muffins, and cornbread	Croissants, sweet rolls, danish, doughnuts, and crackers made with saturated oils, granola type cereals made with saturated oil, egg noodles, pasta, and rice prepared with cream, butter, or cheese sauces
<b>Fruits and vegetables</b> (2-4 servings fruit/day; 3-5 servings vegetables /day)	Fresh, frozen, canned, or fried fruits	Fruits packed in syrup, rinse off if using	Vegetables prepared in butter, cream, or sauce. Fruits with added sugar
<b>Snacks</b> (avoid too many sweets)	Sherbet, sorbet, frozen yogurt, angel food cake, fig bars, plain popcorn, pretzels, fruit juices mixed w/club soda, gingersnaps	Ice milk, fruit crisps and cobblers, homemade cakes, cookies, and pies prepared with unsaturated oils	Ice cream, candy, chocolate, potato chips, buttered popcorn, milkshakes, frappes, floats, eggnog, store-bought pies, frosted cookies, cakes