



# CHOLESTEROL ROUND-UP

It is normal to have cholesterol in the body but too much cholesterol and saturated fat can clog the blood vessels and may lead to strokes and heart attacks. Cholesterol is found in animal products and fats.

## WHAT SHOULD MY CHOLESTEROL LEVEL BE?

For those 20 years and older, cholesterol should be kept below 200 mg/dL

On \_\_\_\_\_ your total cholesterol was \_\_\_\_\_ mg/dL

It is recommended to check your cholesterol every 5 years.

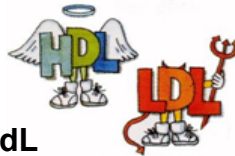
## BLOOD CHOLESTEROL LEVELS: The Good, the Bad, and the Ugly

BELOW 200 mg/dL DESIRABLE	200 TO 239 mg/dL BORDERLINE	240 mg/dL and ABOVE HIGH
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### GOOD AND BAD CHOLESTEROL

Cholesterol travels in the blood in fat and protein packages called LDL and HDL. Your doctor may want to test the amount of LDL and HDL cholesterol in your blood. Always talk with your doctor before taking any supplements or herbal remedies for lowering cholesterol.

**HDL = High Density Lipoprotein**  
HDL "GOOD CHOLESTEROL"  
HDL CLEANS BLOOD VESSELS



**LDL = Low Density Lipoprotein**  
LDL "BAD CHOLESTEROL"  
LDL CLOGS BLOOD VESSELS

Today your HDL was \_\_\_\_\_ mg/dL

The goal for HDL level is greater than 60 mg/dL. You are more at risk for heart disease if HDL is less than 40 mg/dL.

Today your LDL was \_\_\_\_\_ mg/dL

The goal for LDL level is under 100 mg/dL.

## WHAT CAN I EAT?

### Meat

- Limit red meats to 3 times a week
- Keep serving sizes to 3 ounces = palm of your hand
- Bake, broil, roast, microwave or grill
- Limit cholesterol to 300 mg or less each day

### Meat Alternatives

- Consume more dried beans or peas
- Add soymilk, soy food products, or tofu to your diet
- Use two egg whites or an egg substitute instead of a whole egg
- Limit egg yolks to 3 times a week
- Include plant sterols & stanols which may lower LDL (try foods fortified with this like orange juice, some margarines and yogurt)

### Dairy

- Use skim and 1% milk
- Use mozzarella, ricotta and low-fat cottage cheese
- Use non-fat or low-fat yogurt

## Nutrition Facts

Serving Size 1 cup (228g)		Servings Per Container about 2	
Amount Per Serving		Calories from Fat 110	
Calories 250			
		% Daily Value*	
Total Fat	12g	18%	
Saturated Fat	3g	15%	
Trans Fat	3g		
Cholesterol	30mg	10%	
Sodium	470mg	20%	
Total Carbohydrate	31g	10%	
Dietary Fiber	0g	0%	
Sugars	5g		
Proteins	5g		
Vitamin A		4%	
Vitamin C		2%	
Calcium		20%	
Iron		4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

1 Serving Size

2 Amount of Calories

3 Limit these Nutrients

4 Get Enough of these Nutrients

5 Percent (%) Daily Value

6 Footnote with Daily Values (DV's)

## FATS: Some are Better than Others

We need fat in our diet, however not all fat is the same. Saturated and trans-fats can damage your health, while unsaturated vegetable oils can benefit your health. Healthy vegetable oils are divided into two categories of unsaturated fats: Polyunsaturated fats (PUFA) and Mono-unsaturated fats (MUFA).

**Best** *Monounsaturated:* canola, olive, peanut oil

**Better** *Polyunsaturated:* corn, cottonseed, safflower, sesame, soybean oil

**Worst** *Saturated:* coconut, palm, palm kernel oil

- Limit added fat to 5 – 8 teaspoons a day.
- Limit total fat intake and use low-fat ways to prepare food.
- Use tub or liquid margarine instead of butter, lard or solid vegetable shortening. The first ingredient on the label should be liquid oil.
- Limit “saturated” fat which typically come from animal sources such as meat and dairy products.
- Limit foods that have “partially hydrogenated vegetable oil” on the ingredient list. These fats are known as trans-fats and may raise your LDL cholesterol and lower your HDL cholesterol. Trans-fats are found in processed foods, fast foods, and many baked goods.
- Prevent blood clots by using omega-3 fatty acids which are heart healthy fats. They are found in fish and also present in smaller amounts in green leafy vegetables, soybeans, walnuts, flaxseed, and canola oil.

## FISH: One of the Good Guys

- Fish is low in fat and cholesterol – two 4-ounce portions a week is recommended
- Eat shrimp in moderation

### FATTY FISH HIGH IN OMEGA-3 FATTY ACIDS - Heart Healthy Fats

Saltwater		Freshwater	
Salmon	Mackerel	Rainbow Trout	Catfish
Sardines	Herring	Bass	Tilapia



# WANTED

## WANTED FIBER – Reward: lower cholesterol

Water-soluble fiber found in oatmeal, oat bran, dried beans or peas and fruit has been shown to lower cholesterol. Fruits should be eaten with the peel if possible. Eat about 25-35 grams of fiber every day. Increase fiber on a gradual basis and drink plenty of water.

Eat 5 servings of fruits and vegetables daily and choose whole grains often.

## WANTED PHYSICAL ACTIVITY – Reward: a healthy heart

Regular aerobic exercise (exercise that makes the heart beat faster) can help lower bad cholesterol and raise your good cholesterol. Some examples of aerobic exercise are walking, swimming, jogging, cycling and dancing. Get at least 30 minutes everyday.

Stop smoking to lower cholesterol.



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