

All About Cholesterol

Managing your cholesterol and other blood fats (also called blood lipids) can help you prevent other problems. If your levels are off target, your risk for heart disease, heart attack, and stroke goes up. Managing blood fats involves changing some of your food choices and increasing your activity. Sometimes medicine might be needed. **You can take steps to manage your cholesterol.**

What are the different kinds of blood fats and what do they do?

There are several kinds of fats in your blood.

- **LDL cholesterol** is sometimes called bad cholesterol. It can narrow or block your blood vessels. Blocked vessels can lead to a heart attack or a stroke. **Reaching your LDL target is the best way to protect your heart and blood vessels.**
- **HDL cholesterol** is sometimes called good cholesterol. It helps remove deposits from the insides of your blood vessels and keeps your blood vessels from getting blocked.
- **Triglycerides** are another kind of fat. High triglycerides raise your risk of a heart attack or stroke.

How does diabetes affect my blood fats?

Many people with diabetes also have low HDL cholesterol and high triglycerides. But if you take steps to keep these numbers within the target range, you'll lower your risk for heart attack and stroke.

How will I know if my blood fat levels are off target?

A blood test can tell you whether your levels are off target. The American Diabetes Association (ADA) recommends that you have your levels checked at least once a year if you have diabetes or if your fat numbers are off-target. Have your blood tested at least every 5 years if you don't have diabetes and your numbers are on target.



Have your blood fats checked regularly to help prevent heart disease, a heart attack, or a stroke.

What are the recommended targets for blood fats?

See the chart below for targets suggested by the ADA. Write the results of your latest check up here.

Blood Fat	My Results	ADA Targets
LDL cholesterol		below 100*
HDL cholesterol		above 40 (for men)
		above 50 (for women)
Triglycerides		below 150

*If you already have heart and blood vessel disease, your target is below 70.

What treatments are recommended?

Both lifestyle changes and medicines help control blood fats. Treatment differs from one person to the next. Some people can reach their blood lipid targets with lifestyle changes like healthy eating and physical activity. Other people need lifestyle changes plus medicines. Work with your health care provider to find a treatment that's right for you.

What can you do to improve your numbers?

Here are some steps you can take to improve your cholesterol. Place a check mark next to steps you're willing to try. Ask your health care provider for more information.

- ☐ If you smoke, quit.
- ☐ Lose weight if needed.
- ☐ Exercise most days of the week. Brisk walking for 30 minutes a day, 5 days a week is a good goal.
- ☐ Switch to a diet low in fat, trans fat, and cholesterol.
- ☐ Your doctor may also prescribe cholesterol-lowering medicine.

More resources from the American Diabetes Association

- Visit diabetes.org/cholesterol to learn more.
- For recipes and information about meal planning, visit Recipes for Healthy Living at diabetes.org/recipes
- Know your risk for type 2 diabetes and heart disease. Try the Association's online health risk calculator, My Health Advisor, at CheckUpAmerica.org/MHA.

Medicines

Not everyone takes the same blood fat medicine and many people take more than one kind. The ones you take will depend on your blood fat levels and other factors.

- **Statins.** These medicines lower LDL cholesterol, boost HDL levels, and lower triglyceride levels. Studies have shown that they are the best type of medicine for lowering LDL cholesterol. But if you're pregnant, you should not take statins.
- **Fibric acid derivatives, also called fibrates.** These medicines lower triglycerides and raise HDL levels. They may either lower or raise LDL cholesterol, or not affect it at all.
- **Nicotinic acid, also called niacin.** These medicines lower triglycerides, raise HDL levels, and lower LDL cholesterol.
- **Cholesterol absorption inhibitors.** These medicines lower LDL cholesterol and triglycerides and raise HDL levels.
- **Bile acid sequestrants.** These medicines lower LDL cholesterol and can raise HDL levels. They either have no effect on triglycerides or, in some cases, they can raise triglyceride levels.

Cholesterol is also affected by blood pressure and blood glucose (sugar). If your blood glucose and blood pressure are high, it's likely that your cholesterol numbers may be off as well. All of these are risk factors for diabetes and heart disease, and the more risk factors you have, the greater your risk. Talk to your doctor about whether you may be at higher risk for diabetes and heart disease.

Provided By



Protect Your Heart: Check Food Labels to Make Heart-Healthy Choices

Make heart-healthy choices by checking food labels. Read these parts of the labels:

- The **Nutrition Facts** section tells you the serving size and how many servings are in one package. You can also learn how much total fat, sodium (salt), fiber, and other nutrients you'll get in each serving.
- **Nutrient content claims** such as "low-fat" provide reliable health claims for the food.
- The **ingredients list** tells you what's in the food.

The Nutrition Facts

Here's an example of a **Nutrition Facts** section. The serving size is at the top. How does the serving size compare to your usual serving? If you usually eat the entire can of chili with beef and beans, then double all of the numbers in this Nutrition Facts section.

Chili with Beef and Beans	
Nutrition Facts	
Serving Size 1 cup (240 ml)	
Servings per Container about 2	
Amount per Serving	
Calories 230	Calories from Fat 70
One serving has 8 grams of fat. This can has 2 servings, or 16 grams of fat.	% Daily Value
Total Fat 8g	12%
Saturated Fat 3.5g	18%
Trans Fat 0.5g	
Cholesterol 30mg	10%
Sodium 870mg	36%
Total Carbohydrate 25g	8%
Dietary Fiber 8g	32%
Sugars 11g	
Protein 15g	

One cup of chili is one serving.

There are 2 servings in this package.

Total Amounts

To make heart-healthy food choices, look at the totals and cut back on

- saturated fat
- cholesterol
- sodium
- trans fat

You'll also see information on fiber. To lower your risk of heart disease, eat foods with more fiber.

On the label, amounts of carbohydrates, fats and vitamins may be shown as:

- Grams, shown as g
- Milligrams, shown as mg
- Milliliters, shown as ml

A gram is a very small amount and a milligram is one-thousandth of that. For example, a nickel weighs about 5 grams. So does a teaspoonful of margarine. A milliliter is also very small. One teaspoon of oil is about one milliliter.

Here are more ways to use food labels:

- Compare labels of similar foods. Choose foods with less saturated fat, trans fat, cholesterol, and sodium. Choose foods with more fiber.
- Choose foods with the lowest amounts of saturated fat and zero trans fat. Look for foods with one-third or less of the total fat as saturated fat.
- If you are trying to lose weight, compare foods for calories too.

You can ask your health care team how much of these nutrients to have each day. Write your daily targets here:

- Total fat (grams): _____
- Saturated fat (grams): _____
- Trans fat (grams): _____
(Eat as little as possible.)
- Cholesterol (milligrams): _____
- Sodium (milligrams): _____
- Dietary fiber (grams): _____

Nutrient content claims

A quick way to find heart-healthy foods is to check the nutrient content claims on the label. For example, you'll see the claim "lower sodium" on some brands of chili with beef and beans. This means the product has at least 25% less sodium than the regular version. If a food is "reduced" or "less," it still can be high in sodium or saturated fat. You should read food labels carefully.

Food claims—What do they mean?

Claims for fat (per serving)
Fat free: less than ½ gram (g) of fat or saturated fat
Saturated fat free: less than ½ g of saturated fat and less than ½ g of trans fats
Low fat: 3 g or less of total fat
Low saturated fat: 1 g or less
Reduced fat or less fat: at least 25% less fat than the regular version
Trans fat free: less than ½ g per serving

Claims for cholesterol (per serving)
Cholesterol free: less than 2 milligrams (mg)
Low cholesterol: 20 mg or less
Reduced cholesterol or less cholesterol: at least 25% less cholesterol than the regular version

Claims for sodium (per serving)
Sodium free or salt free: less than 5 mg
Very low sodium: 35 mg or less
Low sodium: 140 mg or less
Reduced sodium or less sodium: at least 25% less sodium than the regular version

Claims for fiber (per serving)
High fiber: 5 g or more
Good source of fiber: 2.5 g to 4.9 g per serving

Ingredients list

Ingredients are listed in order from most to least. So the food has more of the ingredients at the top of the list and less of those at the bottom. Check the list for things you'd like to avoid, such as hydrogenated oil. For example, this ingredient list for chili with beef and beans shows no hydrogenated oil.

Chili with beef and beans

Ingredients: water, tomato puree (water, tomato paste), seasoned beef crumbles (beef, salt, spice extracts), diced tomatoes in tomato juice, red kidney beans, kidney beans. Contains less than 2% of the following ingredients: concentrate (caramel color added), jalapeno peppers, salt, dehydrated onions, sugar, dehydrated garlic, paprika, red pepper, soybean oil, soy lecithin, mono and diglycerides, mixed tocopherols, ascorbic acid, flavoring.

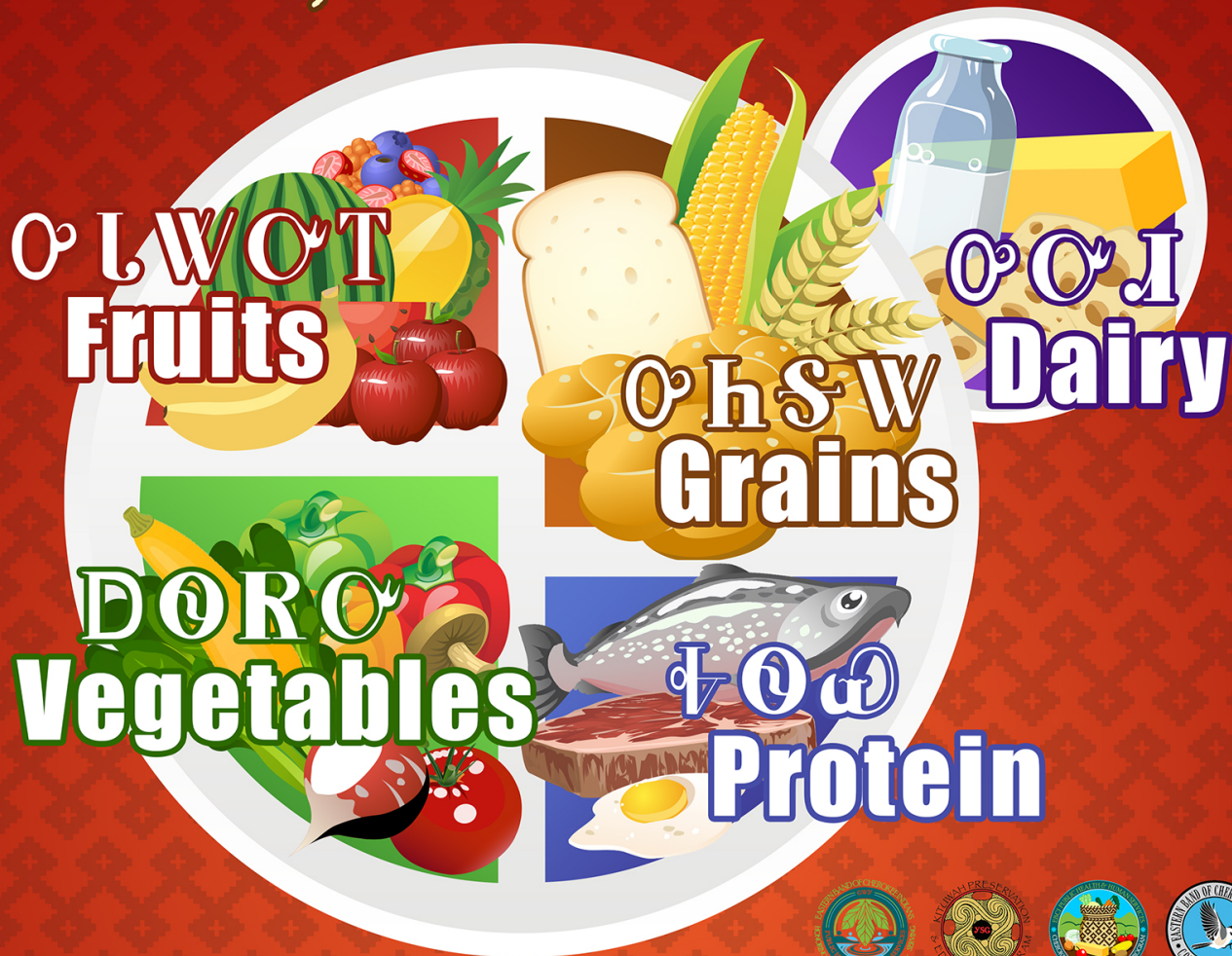
For more help, ask your health care team for copies of these titles:

- Toolkit No. 8: *Protect Your Heart: Make Smart Food Choices*
- Toolkit No. 9: *Protect Your Heart: Choose Fats Wisely*
- Toolkit No. 10: *Protect Your Heart: Plan and Cook Heart-Healthy Meals*



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ᑭᑭᑦ ᑕᑦᑭᑦ ᑕᑦᑭᑦ ᑕᑦᑭᑦ ᑕᑦᑭᑦ My Cherokee Plate



ᑭᑭᑦ Vegetables

Any vegetable or 100% vegetable juice counts as a member of the vegetable group.

Fill half your plate with fruits and vegetables.



ᑭᑭᑦ Fruits

Focus on fruits.

Whole fruit is preferable to juice, but any fruit counts: fresh, frozen, canned, 100% juice, or dried.

Fill half your plate with fruits and vegetables.



ᑭᑭᑦ Grains

Make at least half your grains whole.

Read labels to find more whole grain foods like whole wheat, oatmeal and brown rice.

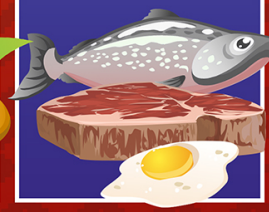


ᑭᑭᑦ Protein

Go lean with protein.

Keep portion to 1/4 of the plate.

Nuts, beans, peas, seeds, poultry, lean meat, seafood, soy and eggs are in this group.



ᑭᑭᑦ Dairy

Get your calcium rich foods.

Remember to choose skim milk or 1% milk.

Try nonfat yogurt.

Keep choices low in fat, sodium, and sugar.



Protect Your Heart: Choose Healthy Fats

Why should I choose healthy fats?

Diabetes raises your chances of having a heart attack or a stroke. But you can protect your heart and blood vessels by choosing fats wisely. Some kinds of fat, such as butter and shortening, can raise your cholesterol and your chances of heart disease. Other kinds, like olive oil and nuts, protect your heart.

All fats are high in calories. If you're trying to lose weight, you'll want to keep your portions small. Take a look at the Nutrition Facts on food packages. You'll see information about the types and amounts of fat in each food.

Special information about fats for people with diabetes

If you have diabetes, limit how much you have of these fats:

- trans fat (found in some snacks, cookies, pies, and other foods)
- saturated fat (found in whole milk products, fatty meats, dark meats, and skin)

Your health care provider can tell you exactly how much of these fats is safe for you.

How can I choose healthy fats?

Try these steps to protect your heart and blood vessels:

- Eat less foods high in saturated fat and trans fat. Instead eat foods with healthy fats.
- Cut back on foods that are high in cholesterol.

Step 1: Eat less saturated fat and trans fat

Saturated fat and trans fat raise your chances of heart disease and stroke. These fats can raise your blood cholesterol and can cause your blood vessels to clog. The blood supply to your heart can get blocked, leading to a heart attack. If the blood supply to your brain gets blocked, you can have a stroke.

Saturated fat: Saturated fat can raise your cholesterol level.



You can protect your heart and blood vessels by eating less trans fat, saturated fat and cholesterol.

Sources of saturated fat

- | | |
|---|---|
| <ul style="list-style-type: none"> • bacon and bacon grease • butter • chitterlings • chocolate • coconut, coconut oil, and coconut milk • cream cheese • cream sauce • fatback and salt pork • gravy made with meat drippings | <ul style="list-style-type: none"> • high-fat dairy products, such as cheese, cream, ice cream, whole milk, 2% milk, and sour cream • high-fat meats like regular ground beef, bologna, hot dogs, sausage, and spareribs • lard and shortening • palm oil and palm kernel oil • poultry skin |
|---|---|

Trans fats: Trans fats can also raise your cholesterol level.

Sources of trans fat

- | | |
|--|--|
| <ul style="list-style-type: none"> • foods with hydrogenated oil • foods with partially hydrogenated oil • shortening • some fast foods such as French fries | <ul style="list-style-type: none"> • some snacks • some stick margarines • some store-bought desserts (cookies, donuts, pies) |
|--|--|

Step 2: Cut back on foods that are high in cholesterol

Your body makes some of the cholesterol in your blood. The rest comes from the foods you eat. Foods from animals are the main sources of dietary cholesterol.

Your body needs cholesterol to make some hormones, vitamins, and to help you digest foods. However, if you eat too much cholesterol, it may put you at risk for heart attack or stroke.

Sources of cholesterol	
<ul style="list-style-type: none"> • egg yolks • high-fat dairy products 	<ul style="list-style-type: none"> • high-fat meat and poultry • liver and other organ meats

Step 3: Choose fats that can help lower your bad (LDL) cholesterol

Monounsaturated fats and polyunsaturated fats can protect your heart by lowering your cholesterol. Another protective fat, called omega-3 fats, is found in some types of fish, oils, and other foods.

Monounsaturated fat: Monounsaturated fat is a type of unsaturated fat that can lower your blood cholesterol.

Sources of monounsaturated fat	
<ul style="list-style-type: none"> • avocado • canola oil • olive oil and olives • sesame seeds 	<ul style="list-style-type: none"> • nuts like almonds, cashews, pecans, peanuts, and walnuts • peanut butter and peanut oil

Polyunsaturated fat: Polyunsaturated fat, another type of unsaturated fat, protects your heart.

Sources of polyunsaturated fat	
<ul style="list-style-type: none"> • corn oil • cottonseed oil • flaxseeds • mayonnaise • pumpkin seeds • safflower oil • salad dressings 	<ul style="list-style-type: none"> • sesame seeds • soft (tub) margarine • sunflower oil • sunflower seeds • tahini or sesame paste • walnuts

Omega-3 fats: This type of fat helps prevent clogging of the arteries. Eat fish 2 or 3 times a week. Choose broiling, baking, grilling, or steaming. Or buy tuna packed in water and make tuna fish salad with low-fat or fat-free mayonnaise.

Sources of omega-3 fats	
<ul style="list-style-type: none"> • albacore tuna • herring • mackerel • rainbow trout • salmon 	<ul style="list-style-type: none"> • sardines • canola oil • flaxseeds • soybean oil • walnuts

Special cholesterol-lowering margarine: Having 2 to 3 tablespoons of a cholesterol-lowering margarine every day can lower your cholesterol. These margarines contain plant stanol esters, an ingredient that keeps cholesterol from being absorbed. You'll find several types at the grocery store in the margarine section.

Protect Your Heart

By following these three steps, you can help protect your heart and lower your risk for heart disease and stroke. For more help, ask your health care team for copies of these brochures:

- Toolkit No. 8: **Protect Your Heart: Make Smart Food Choices**
- Toolkit No. 10: **Protect Your Heart: Plan and Cook Heart-Healthy Meals**
- Toolkit No. 11: **Protect Your Heart: Check Food Labels to Make Heart-Healthy Choices**

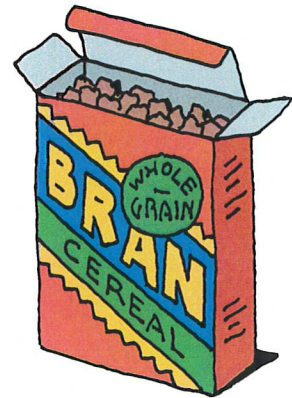
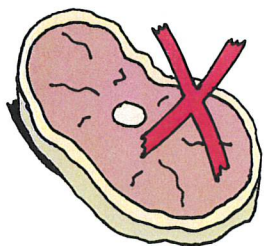


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EAT THIS, NOT THAT

Small changes in what you eat can help you control your blood sugar, lose weight, and feel better.

Below is a list of foods many of us eat. The “Eat this...” foods have less sugar, salt, bad fats, or cholesterol. Choosing more “Eat this...” foods when you shop and when you eat can help you control your diabetes.

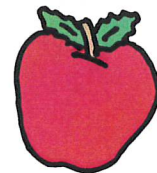


Instead of this

Eat this

Eggs	→	Egg whites
White bread	→	Wheat, whole-grain or multigrain bread
Whole milk, 2% milk	→	Fat-free milk, 1% milk
Butter, margarine, lard	→	Vegetable, canola, or olive oil; spray oils
Cheese	→	Low-fat or skim cheese
Flour (or fried) tortillas	→	Corn or whole-wheat tortillas
Refried beans	→	Whole beans, natural beans
Canned fruit in heavy/light syrup	→	Fresh, frozen, or canned fruit in its own juice
Canned vegetables	→	Fresh or frozen vegetables with no sauce
Cookies, cake, chips, ice cream	→	Fresh fruit, graham or animal crackers, angel food or sponge cake with fruit, low-fat yogurt
Fast food (hamburgers, fries)	→	Salads at fast-food restaurants are often healthy, good-tasting choices
Soda and other drinks with sugar	→	Water, diet soda, seltzer
Processed meats (hot dogs, Spam, bologna, salami)	→	Low-salt turkey, grilled chicken, low-fat (lean) meat, homemade tuna salad

Read food labels when you shop. Look for foods low in sugar, salt, saturated fat (the bad fat), and cholesterol. And, always remember to watch your portion sizes when you eat.



Eating is a habit, and changing habits takes time. Start by changing one or two foods. Then change another food every week or so. Eating new foods and trying new ways of cooking can be fun. Enjoy!

NATIONAL HEART MONTH

3 WAYS TO A HEALTHIER HEART

EAT A HEALTHY DIET

Keep your salt intake to no more than 6g (about a teaspoon) a day



TAKE REGULAR PHYSICAL ACTIVITY

30 minutes of moderate exercise on most days



KEEP YOUR ALCOHOL INTAKE WITHIN RECOMMENDED SAFE LIMITS

No more than 21 units weekly for men, and no more than 14 units per week for women



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- **Nutrient content claims** such as "low-fat" provide reliable health claims for the food.
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The Nutrition Facts

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One serving has 8 grams of fat. This can has 2 servings, or 16 grams of fat.	% Daily Value
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Total Carbohydrate 25g	8%
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Protein 15g	

One cup of chili is one serving.

There are 2 servings in this package.

Total Amounts

To make heart-healthy food choices, look at the totals and cut back on

- saturated fat
- cholesterol
- sodium
- trans fat

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- Choose foods with the lowest amounts of saturated fat and zero trans fat. Look for foods with one-third or less of the total fat as saturated fat.
- If you are trying to lose weight, compare foods for calories too.

You can ask your health care team how much of these nutrients to have each day. Write your daily targets here:

- Total fat (grams): _____
- Saturated fat (grams): _____
- Trans fat (grams): _____
(Eat as little as possible.)
- Cholesterol (milligrams): _____
- Sodium (milligrams): _____
- Dietary fiber (grams): _____

Nutrient content claims

A quick way to find heart-healthy foods is to check the nutrient content claims on the label. For example, you'll see the claim "lower sodium" on some brands of chili with beef and beans. This means the product has at least 25% less sodium than the regular version. If a food is "reduced" or "less," it still can be high in sodium or saturated fat. You should read food labels carefully.

Food claims—What do they mean?

Claims for fat (per serving)
Fat free: less than ½ gram (g) of fat or saturated fat
Saturated fat free: less than ½ g of saturated fat and less than ½ g of trans fats
Low fat: 3 g or less of total fat
Low saturated fat: 1 g or less
Reduced fat or less fat: at least 25% less fat than the regular version
Trans fat free: less than ½ g per serving

Claims for cholesterol (per serving)
Cholesterol free: less than 2 milligrams (mg)
Low cholesterol: 20 mg or less
Reduced cholesterol or less cholesterol: at least 25% less cholesterol than the regular version

Claims for sodium (per serving)
Sodium free or salt free: less than 5 mg
Very low sodium: 35 mg or less
Low sodium: 140 mg or less
Reduced sodium or less sodium: at least 25% less sodium than the regular version

Claims for fiber (per serving)
High fiber: 5 g or more
Good source of fiber: 2.5 g to 4.9 g per serving

Ingredients list

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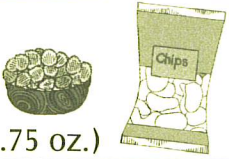
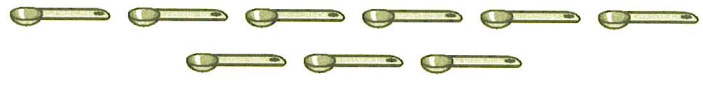



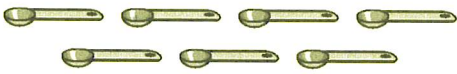

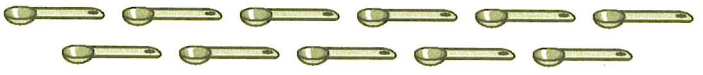







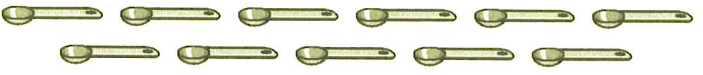




Chili with beef and beans

Ingredients: water, tomato puree (water, tomato paste), seasoned beef crumbles (beef, salt, spice extracts), diced tomatoes in tomato juice, red kidney beans, kidney beans. Contains less than 2% of the following ingredients: concentrate (caramel color added), jalapeno peppers, salt, dehydrated onions, sugar, dehydrated garlic, paprika, red pepper, soybean oil, soy lecithin, mono and diglycerides, mixed tocopherols, ascorbic acid, flavoring.

For more help, ask your health care team for copies of these titles:

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HIDDEN FATS

FOOD	FAT CONTENT*	TOTAL CALORIES
Potato Chips  1/2 large bag (3.75 oz.)	 9	555
Peanuts/Peanut Butter  1/3 cup - 3 oz.	 6	285
Cheddar/Commodity Cheese  3 slices/3 oz.	 7	330
Macaroni & Cheese  2 cups/homemade	 11	860
Bacon  4 slices	 4	200
Hot Dogs  2 hot dogs	 7	300
Bologna  3 slices	 5	225
Hamburger  2 patties/3 oz. each	 11	600
Fry Bread  2 small pieces	 6	400
Pepperoni & Cheese Pizza  3 slice	 9	900

*  = 1 teaspoon of fat



American Heart Association®

Healthy for Good™

HOW TO EAT BETTER



1 CREATE A HEALTHY DIETARY PATTERN

Make smart choices and swaps to build an overall healthy eating style. Watch calories and eat smaller portions.

ENJOY

vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins, skinless poultry, fish



LIMIT

sweetened drinks, sodium, processed meats, refined carbohydrates like added sugars and processed grain foods, full-fat dairy products, eggs, highly processed foods, tropical oils like coconut and palm



AVOID

trans fat and partially hydrogenated oils (found in some commercial baked goods and fried foods)

3 TIPS FOR SUCCESS



WATCH CALORIES

Eat only as many calories as you use up through physical activity. Understand serving sizes and keep portions reasonable.



COOK AT HOME

Take control over the nutritional content of your food by learning healthy preparation methods.



LOOK FOR THE HEART-CHECK

The Heart-Check mark helps you find foods that can be part of a healthy eating plan.



LEARN THE SALTY SIX

Limit the amount of sodium you eat each day. Learn the Salty Six. These common foods can be loaded with excess sodium:

Breads & Rolls

Pizza

Sandwiches

Cold Cuts & Cured Meats

Soups

Burritos & Tacos

2 READ NUTRITION LABELS

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	

Learning how to read and understand food labels can help you make healthier choices.

When you have more than one choice, compare nutrition facts. Choose products with lower amounts of sodium, saturated fat and added sugars.

LEARN MORE AT [HEART.ORG/MYLIFECHECK](https://heart.org/mylifecheck) AND [HEART.ORG/EATSMART](https://heart.org/eatsmart)

MY NATIVE PLATE

Fruit



Water



**Grain/
Starch**



Protein



Vegetables

Use your plate as a guide to help you eat in a healthy way!

1. Fill half of your plate with vegetables.
2. Fill the other half of your plate with a grain/starch and a protein.
3. Add a side of fruit.

Pictured here:

- Mixed berries
- Cooked spinach
- Baked squash with peppers and herbs
- Steamed wild rice
- Baked deer meat with sage
- Water

Take a picture with your cell phone. Look at the picture later as a reminder!



Produced by:

Indian Health Service, Division of
Diabetes Treatment and Prevention.
07/2018



Remember:



Stay active



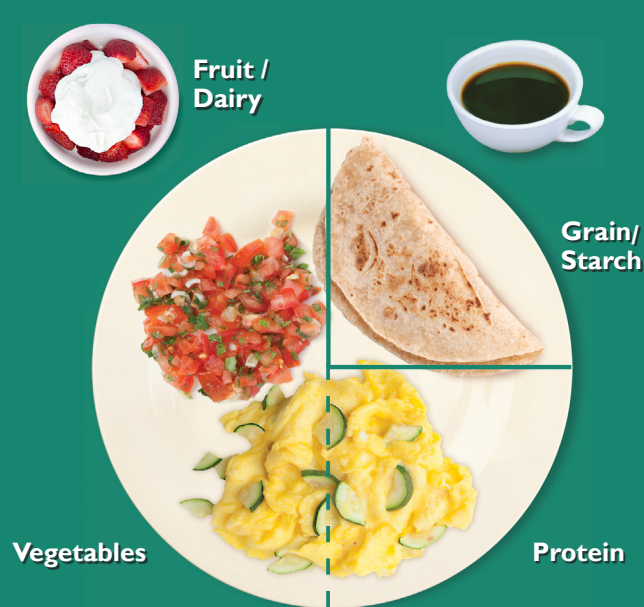
Drink water



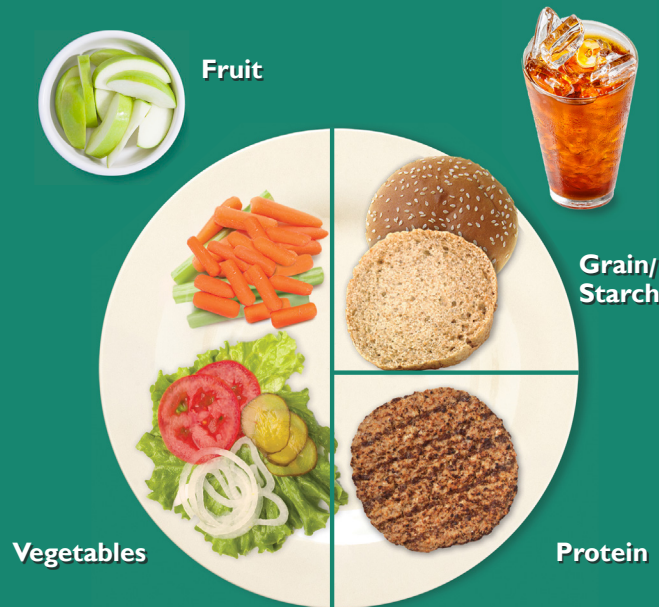
Use a 9-inch plate

Notes:

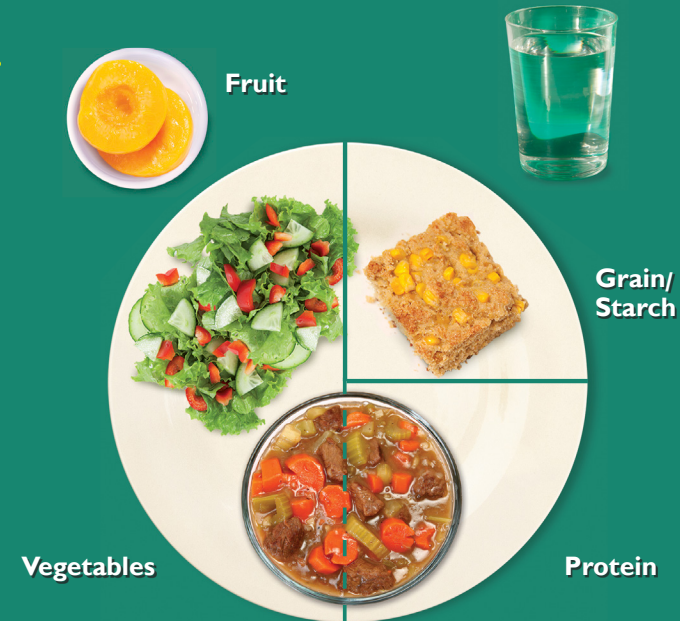
More Ideas for MY NATIVE PLATE



Pictured here: Yogurt with strawberries, salsa, scrambled eggs with zucchini, tortilla, coffee



Pictured here: Apple, carrots, celery, lettuce, tomato, onion, pickle, beef patty, bun, unsweetened tea



Pictured here: Peaches, salad, beef and vegetable stew, cornbread, water

Ways to Add Variety to Meals and Snacks

Vegetables and Fruits

Tips

- Stock up on fresh, frozen, and canned vegetables and fruits.
- Keep fruits and vegetables on hand for snacking.
- Plan some meals around a vegetable main dish, such as a stir fry, stew, or soup.
- Enjoy fruit as a dessert.

Examples

Vegetables: Wild greens, tomatoes, carrots, leafy greens, zucchini, avocados, broccoli, green beans, cucumbers, onions, peppers, okra

Fruits: Berries, melons, apricots, peaches, citrus fruits, bananas, apples, pears

Proteins

Tips

- Choose fish, beans, lentils, eggs, and nuts more often to cut down on meat.
- Instead of a beef patty for your burger, try a veggie, black bean, turkey, soy, or bison patty.
- Grill, stew, or bake meat instead of deep frying.
- If milk upsets your stomach, try yogurt, lactose free milk, or soy milk.

Examples

Animal proteins: Fish, wild game, bison, poultry, mutton, beef, pork, eggs

Plant proteins: Beans, lentils, nuts, nut butters, seeds, tofu, soy products

Dairy proteins: Milk, lactose free milk, yogurt, cheese, cottage cheese

Grains and Starches

Tips

- Choose whole grain foods, such as whole wheat breads, corn tortillas, oatmeal, and wild or brown rice.
- Try whole wheat flour instead of white flour.
- Add wild or brown rice to main dishes, such as a stir fry, stew, or soup.
- Bake or roast potatoes instead of deep frying.

Examples

Grains: Pastas, breads, crackers, rice, oats, quinoa, barley, cereals, tortillas, flour, cornmeal

Starchy vegetables: Potatoes, corn, green peas, winter squash



Take Control: For a Healthy Heart

What is Cholesterol?

Cholesterol is a type of fat found in the blood. While some cholesterol is good for the body too much cholesterol is not, and can cause adverse health problems such as: heart disease, increased risk of stroke, and high blood pressure.

What is the purpose?

Cholesterol is needed in order for the body to function properly. Body tissue needs some cholesterol in order to produce proper levels of hormones, vitamin D, and bile acids that help digest fat.

Control Your Numbers

- ✓ Increase healthy (good) fats
- ✓ Exercise at least 30 minutes most days
- ✓ Limit intake of high sugar and processed foods
- ✓ Increase fiber intake to 25-35 grams per day
- ✓ Limit trans and saturated (bad) fats

High cholesterol makes it difficult for blood to flow through your arteries causing the heart to work extra hard to move blood to the brain.

Good Fats

Mono & Poly Unsaturated

Peanut butter

Avocados

Almonds

Olives

Walnuts

Seeds

Salmon

Herring

Flax seed

Eat More



Bad Fats

Saturated and Trans

Butter

Cheese

Whole milk

French fries

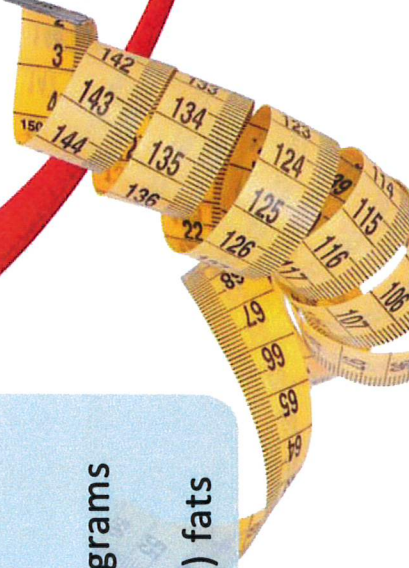
Crackers

Bacon

Cookies

Pie

Eat Less



What causes High Cholesterol?

Total Cholesterol
Is a measure of LDL cholesterol, HDL cholesterol, and other lipid components.
This is how your doctor determines your risk for heart disease.

The “Bad” Cholesterol (LDL)
Builds up on the walls of arteries and makes it difficult for blood to move freely through the body. The lower the number the better.

Diet

Saturated fat, trans fat, and cholesterol in the food you eat increase cholesterol levels.

Weight

Increased weight is a risk factor for heart disease. Losing weight can help lower LDL and total cholesterol, and can increase HDL levels.

Diabetes

Poorly controlled diabetes increases cholesterol levels. Having control of diabetes can cause cholesterol levels to lower.

Heredity

Genes partly determine how much cholesterol the body makes. High blood cholesterol can run in families.

The “Good” Cholesterol (HDL)

Take the “bad” cholesterol out of the blood allowing for blood to flow freely through the body. The higher the number the better.

Triglycerides

Are the major form of fat stored by the body. The body converts any excess calories to triglycerides.

Total Cholesterol

Normal

≤200

High Borderline

201-239

High

240+

HDL Cholesterol

Desirable

60+

Normal

60

Low

40 Male

50 Female

LDL Cholesterol

Normal

≤100

Borderline High

130-159

High

160-189

Excessive

190+

Triglycerides

Normal

≤150

Borderline High

150-199

High

200-499

Excessive

500+

All figures in mg/dL



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