

CONTROL YOUR CHOLESTEROL, REDUCE YOUR RISK



CONTROL YOUR CHOLESTEROL

➔ **Why?** Reducing your cholesterol helps prevent heart disease and



other health issues. High cholesterol can lead to build up of plaque in your arteries as well as decreased blood flow.

➔ The Good News



Your cholesterol level is very much a function of lifestyle, such as how much fat

you eat and how much physical activity you get. Even if you inherit the tendency to have an elevated cholesterol level, you can still take effective action to protect your health.

➔ Exercise Helps



Exercise is one of the best natural ways to boost your HDL or "healthy" cholesterol levels.

Aim for 150 minutes of exercise every week, including both cardiovascular and weight training. While exercise can help control your cholesterol, to make significant improvements, you must also change your diet.

The liver naturally produces all the cholesterol the body needs to support many essential bodily functions, but high levels can lead to health issues such as heart disease and stroke. Cholesterol is mostly found in foods coming from animals, such as milk, cheese, egg yolks, meat, and poultry. If your food comes from an animal with a liver, the food has cholesterol.

Types of Cholesterol

LDL cholesterol can be thought of as the "bad" or "lousy" cholesterol as it is the type that clogs arteries.

HDL is called the "good" cholesterol as it carries the LDL cholesterol away from the arteries to help prevent plaque build-up.

Quick Tip! Think *H* for "Healthy" and "High." This is one number you want to be higher for your health.



Triglycerides are not a type of cholesterol, but a harmful blood fat formed when we eat too many fatty and sugary foods.

Facts on Fats

Fats are necessary for many body functions, but it is important to get the right fats. Saturated and trans fats can raise your cholesterol.

Saturated Fat is the main cause of high cholesterol. Foods high in saturated fat include meat, whole milk, cheese, butter, egg yolks, and vegetable shortening.

Trans Fat: is a group of fats that raise your LDL and lower HDL. Foods include fried foods, commercially baked cookies, pies, cakes, doughnuts, and scones.



Quick Tip! The harder a fat is at room temperature, the more saturated it is.

CHOLESTEROL FRIENDLY FOOD CHOICES



Managing your food and beverage is crucial to controlling cholesterol. Typically high cholesterol is a result of a *diet* high in cholesterol, as well as saturated fat and trans fats. Eating a diet filled with vegetables, fruit, whole grains, and healthy fats will help!

Vegetables: spinach, broccoli, kale, onions, peppers, carrots, sweet potatoes, zucchini, radish, green beans, corn, potatoes, radish, kale, cauliflower, tomatoes, cucumbers

Fruit: blueberries, raspberries, oranges, apples, bananas, peaches, pears, pineapple, kiwi, grapes, mangoes, strawberries, melon

Nuts & Seeds: walnuts, almonds, pistachios, pecans, pumpkin seeds, sunflower seeds, flax seeds (ground), chia seeds, sesame seeds

Beans & Legumes: black beans, garbanzo beans (chickpeas), kidney beans, white beans, pinto beans, split peas, lentils, soybeans, navy beans

Whole Grains: rolled or steel cut oats, brown rice, barley, quinoa, whole grain bread and pasta, buckwheat, bulgar, millet, oatmeal, plain popcorn

Quick Tip! Look for "whole" or "100%" before the grain name on the label.



EAT & DRINK HEALTHY

➔ Healthy Food Swaps Think of each meal as an opportunity to make healthy food swaps that can support your cholesterol goals.

Milk, yogurt and cheese: By choosing the skim and fat-free versions of dairy products, you can cut out a lot of saturated fat.

Quick Tip! Use low-fat yogurt instead of sour cream in dips, on potatoes, or in recipes. Try Greek yogurt for an extra protein boost.



Fats and oils: Choose healthy fats like avocados, nuts and seeds and avoid saturated fats like butter, shortening and margarine.

Meat, poultry and fish: Choose lower fat options like turkey and chicken without skin. Substitute lean ground chicken or turkey for hamburger. Choose to bake or grill proteins rather than frying them.

Contact your healthcare provider for more information and to discuss your individual exercise and eating habits today!