

Cardiovascular Health

Cholesterol



What is it?

- Cholesterol - made in the liver and also ingested from some foods, is necessary for making bile, repairing cells, and performing many other activities.
- High cholesterol - can lead to clogged arteries and vascular disease

What are the causes of High Cholesterol levels?

- Heredity, porphyria, kidney failure, overactive pituitary gland, underactive thyroid gland, poorly controlled diabetes, cirrhosis, diet high in saturated fat and cholesterol, smoking, high blood pressure, obesity.
- Eating foods that are high in saturated fats and trans fatty acids.



What should my cholesterol be?

- < 200 mg/dl



Facts:

- Risk of coronary artery disease - increases when cholesterol levels are elevated.
- Follow a low fat diet plan - **Avoid** - fried foods, bacon, ham, sausage, cheese, eggs, luncheon meats, casseroles, pizza, lasagna, gravies, sauces, butter, cream cheese, sour cream, ice cream, cakes, pies, pastries, doughnuts, etc.
- Increase - fruits, vegetables, whole grains, baking or grilling meats, low fat milk & cheeses, eat more chicken and fish.

What do I need to do?

- See your Health Care Provider.
- Exercise daily, talk with your Physician.
- Talk with a Registered Dietitian about meal planning.
- See Food Fitness First® Low Fat or Low Cholesterol Diet Plan with handouts to follow.
- See Food Fitness First® for help with Fat Levels with explanations.
 - o Help with meal planning.

