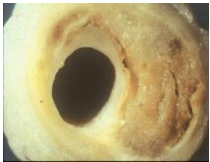


Hypercholesterolemia

What is it?

- **Hypercholesterolemia** – an abnormal amount of cholesterol in the cells and plasma in the blood, associated with the risk of atherosclerosis; high blood cholesterol or high levels of cholesterol in the blood, can contribute to cardiovascular disease (coronary heart disease, stroke, and heart attack) and death, normally does not have any symptoms



- **LDL/Low Density Lipoproteins**- bad cholesterol; goal < 100 mg/d;
- **HDH/High Density Lipoprotein**- good cholesterol; goal > 60 mg/dl
- **Can also be caused by**- diabetes mellitus, hypothyroidism, obesity
- **Normal Blood Cholesterol**- less than 200 mg/dl
- **Borderline Blood Cholesterol**- 200-239 mg/dl
- **Elevated Blood Cholesterol**- higher than 240 mg/dl

Facts:

- **85% of Men**- have experienced a heart attack by the age of 60 with this diagnosis

What can I do?

- **See your Health Care Provider**- for suggestions for lifestyle and medication
- **See a Registered Dietitian**- for help to reduce weight



- **Affects Levels of Cholesterol**- diet, smoking, exercise, alcohol, high fat diet
- **Avoid Saturated Fats**- butter, shortening, lard, bacon, ham, sausage, chitterlings, coconut, cream, cream cheese, palm oil, palm kernel oil, coconut oil, coconut milk, salt pork, sour cream
- **Increase Intake of**- soluble fiber as bran, whole grains, fresh fruits and vegetables
- **Dairy& Fats**- fat free or a lower fat milk, cheese, sour cream, cream cheese, yogurt, salad dressings, sauces, gravies, margarine, mayonnaise,
- **Decrease Intake of**- fried foods, sweets, fats, cakes, pies, pastries, casseroles, pizza, macaroni and cheese,
- **Meats**- should be broiled, boiled, baked, roasted, stewed, grilled or stir fried and eat more chicken without the skin and fish, lean cuts of beef and white pork only (pork chop or fresh ham)

