

# Cardiovascular Health

## (LDL)



### What is it?

**\*Low Density Lipoprotein**-Bad Cholesterol

**\*Goal**- < 130 mg./dl if diagnosed with heart disease

**\*Under 100 mg./dl** with heart disease

**\*Borderline Risk**- < 130 to 159 mg./dl

**\*At Risk**- > 160 mg./dl

**\*LDL**- major cholesterol carrier in the blood

**\*Builds up and clogs the arteries**



### How does it affect me if high? RISK FACTORS:

**\*Increases**- chances of heart disease and stroke

**\*High levels**- are associated with atherosclerosis

**\*High blood pressure, obesity, no exercise, smoking, family history, being male, diabetes**



### What can I do to lower my LDL?

**\*Exercise**- 15 to 20 minutes daily

**\*Eat Healthy**- *Avoid fried foods, luncheon meats, french fries, potato chips, sausage, bacon, ham, casseroles, pizza, lasagna, gravies, sauces, desserts, cakes, pies, pastries, brownies, ice cream, cheeses, candy bars*; increase fresh fruits, vegetables, broil, boil, bake, roast, stew, grill or stir-fry foods, use Eggbeaters or egg whites instead of whole eggs



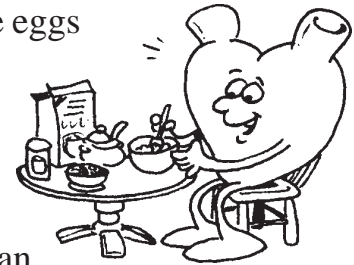
### What do I need to do?

**\*See a Physician**

**\*Exercise daily, talk with your Physician**

**\*Talk with a Registered Dietitian**- about meal planning, foods to use and avoid

**\*See FFF Low Fat, Low Cholesterol handouts and diet plans**



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