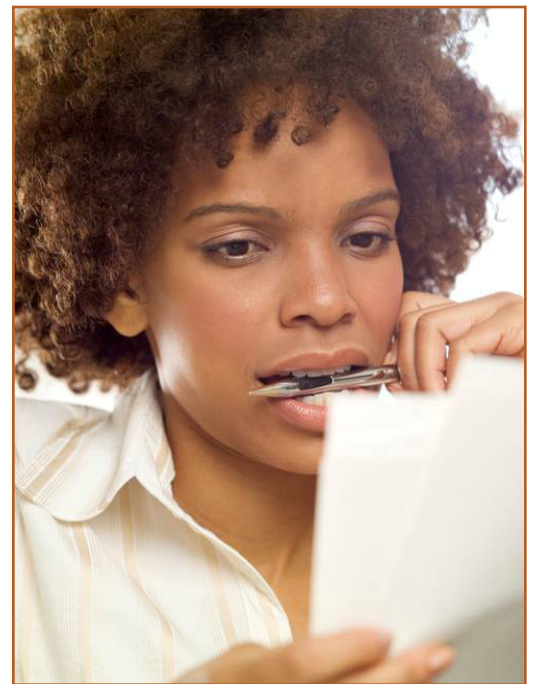


# Understanding *Cholesterol*

## You Should Know

### FOODS THAT MAY INCREASE BLOOD CHOLESTEROL LEVELS

- Anything from an animal, including dairy products
- Tropical fats/oils - coconut, palm kernel, and palm oils
- Frozen or prepared foods made with butter, cream sauce, or other sources of saturated and trans fat



### CHOLESTEROL IS...

- A waxy, fat-like substance
- Transported in our blood
- Made by our bodies
- Found in the food we eat



## WORDS TO KNOW...

**HDL** "Good Cholesterol" carries LDL cholesterol away

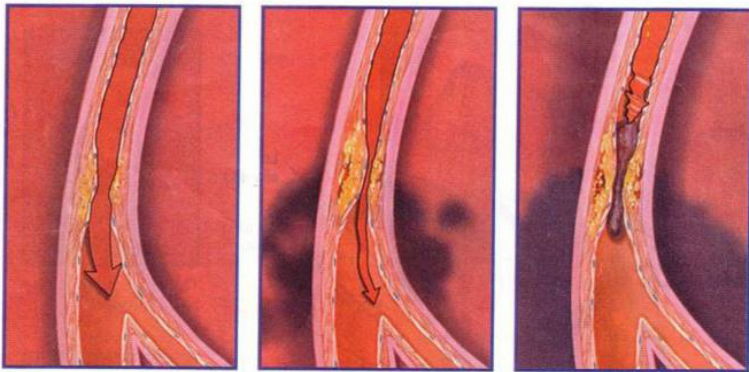
**LDL** "Bad Cholesterol" clogs up your arteries with plaque

High **Triglycerides** leads to hardening of your arteries

# IMPROVE YOUR CHOLESTEROL

All units are measured in mg/dL	Total Cholesterol	Triglycerides "Fats"	LDL "Bad" Cholesterol	HDL "Good" Cholesterol
Optimal	Less than 200	Less than 150	Less than 100	60+ (men & women)*
Borderline High	200-239	150-199	130-159	—
High	240+	200-499	160-189	—

**\* AT RISK FOR HEART DISEASE** if less than 50 mg/dL (women) and less than 40 mg/dL (men)



Optimal Cholesterol

Borderline High Cholesterol

Very High Cholesterol

## DO THE FOLLOWING...

### EXERCISE

30 minutes a day - 5 or more times a week.

### IMPROVE YOUR DIET

Eat a variety of vegetables, fruits, and whole grains. Select non-fat and low-fat dairy products. Choose lean meat, poultry, fish, or meat substitutes (soy). Eat fewer calories to maintain your weight.

### MAINTAIN A HEALTHY WEIGHT

Even losing a little bit of weight can improve your cholesterol numbers.

### QUIT SMOKING

Call 1-877-44U-QUIT

### TALK TO YOUR DOCTOR

About cholesterol medications and follow his/her advice.

For more information contact [crice@aq.tamu.edu](mailto:crice@aq.tamu.edu)

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