

**WHAT  
AFFECTS  
CHOLESTEROL  
LEVELS?**

# High Cholesterol

SEPTEMBER

- **Diet-** Saturated fat in food you eat makes your blood cholesterol rise. Reducing the amount of saturated fat in your diet helps lower your blood cholesterol.
- **Weight-** Being overweight is a risk factor for heart disease and tends to increase your cholesterol. Losing weight can help lower your cholesterol.
- **Physical Activity-** Regular activity can lower bad cholesterol and raise good cholesterol. You should try to be physically active for 30 minutes most days.

Everyone age 20 and older should have their cholesterol measured at least once every 5 years. The best way is to have a blood test called "lipoprotein profile" to find your cholesterol numbers. This blood test is done after a 9 to 12 hour fast. It gives you information about your;

Total Cholesterol    LDL (bad) Cholesterol    HDL (good) Cholesterol    Triglycerides

- HDL (good) cholesterol protects against heart disease, so for HDL, higher numbers are better. A level less than 40 mg/dL is low and is considered a major risk factor because it increases your risk for developing heart disease. HDL levels of 60 mg/dL or more help to lower your risk for heart disease.

Total Cholesterol Level	Category
Less than 200 mg/dL	Desirable
200-239 mg/dL	Borderline High
240 mg/dL and above	High

LDL Cholesterol Level	LDL-Cholesterol Category
Less than 100 mg/dL	Optimal
100-129 mg/dL	Near Optimal/Above Optimal
130-159 mg/dL	Borderline High
160-189 mg/dL	High
190 mg/dL and above	Very High

- Cholesterol levels are measured in milligrams (mg) of cholesterol per deciliter (dL) of blood.



"My doctor's put me on a strict diet. From now on I have to ask my victims how high their cholesterol level is."

### Why is Cholesterol Important?

Your blood cholesterol level has a lot to do with your chances of getting heart disease. The higher your blood cholesterol level, the greater your risk for developing heart disease or having a heart attack.

### How Does Cholesterol Cause Heart Disease?

Cholesterol is a fat-like substance in your blood that builds up in the wall of your arteries. This causes a hardening of arteries, which blocks or slows down the blood flow to the heart.



5 servings of fruits  
and vegetables  
everyday!

## 9 Foods That Lower Cholesterol

1. **Eat a Fiber rich breakfast**— oatmeal, whole grain muffins, fruit. Choose cereals with 5 grams or more of fiber per serving.
2. **Switch to whole grains**— Choose whole grain breads, crackers, bagels, muffins, waffles, and pancakes.
3. **Eat legumes (Beans) at least three times a week**— bean soup, hummus, toasted soy beans, soymilk, and tofu.
4. **Eat five servings of fruits and vegetables everyday**— An easy way to get 5 servings is to have: one at breakfast, one at lunch, salad and a cooked vegetable at dinner. (carrot sticks, tomato slices, oranges, apples, ect.)
5. **Choose whole fruit, skin included, instead of juice**— Juice is the fruit with all the fiber removed.
6. **Eat Garlic**— Cooked or raw garlic both contain compounds that help lower your liver's production of cholesterol.
7. **Other good foods**— raw onion, salmon, olive oil, almonds, walnuts, avocados.
8. **Eat plenty of foods that contain natural antioxidants, and vitamins C and E**— green and red peppers, strawberries, broccoli, papaya, grapefruit juice, sunflower seeds, wheat germ, peanuts, soybeans.
9. **A glass of beer or wine**— Studies show that a little bit of wine or beer helps cholesterol levels.

## GREAT NEWS!!!

Every 1% reduction in your cholesterol reduces your risk of getting heart disease by 2%. Every 1 mg/dL (not percent) increase in your good cholesterol lowers your risk of heart disease 2-5%. Time to get with it!



Physical activity lowers bad  
cholesterol

## Cholesterol Facts and Figures

- Worldwide, high cholesterol is estimated to cause around 4.4 million deaths.
- Approximately 1 in 3 adults have total blood cholesterol values that are considered to be high risk.
- From the age of 50, a higher percentage of women than men have total blood cholesterol levels that are considered to be too high.
- Approximately 1 in 7 adults have total blood cholesterol values that are considered to be high risk.