



cholesterol: the lowdown on LDL and HDL

Your cholesterol level helps determine your risk for heart disease. Learning more about the types of cholesterol and strategies to improve your numbers is important to your long term health... especially for protecting your heart!

LOW-DENSITY LIPOPROTEIN (LDL)

- ⦿ the “bad” LDL cholesterol is like a one-way bus
- ⦿ it carries cholesterol from the liver where it is made
- ⦿ deposits in the arteries where it can oxidize and cause blockage

HIGH-DENSITY LIPOPROTEIN (HDL)

- ⦿ the “good” HDL cholesterol is like the opposite one-way bus
- ⦿ picks up cholesterol from the arteries and returns it to the liver for recycling and excretion
- ⦿ HDL cholesterol is mostly atheroprotective

LOWERING YOUR LDL

- ⦿ try to eat 10-25 grams of soluble fiber per day, especially:
 - ▶ oatmeal, beans, peas & barley
 - ▶ apples & oranges
 - ▶ broccoli, sweet potatoes & carrots
- ⦿ limit saturated fat intake to no more 7% of your day’s calories
- ⦿ cut back on animal-based foods (meat & full-fat dairy products)
- ⦿ avoid all foods with trans fats
- ⦿ limit sugar intake, no more than 24 grams for women and 36 grams for men/day

RAISING YOUR HDL

- ⦿ exercise 30 minutes or more at least 5 days/week
- ⦿ consume healthy fats (nuts & seeds, omega-3 rich fish, avocado, olive / canola oils)
- ⦿ avoid trans and limit saturated fats
- ⦿ achieve a healthy weight
- ⦿ quit smoking – interferes with compound that keeps blood fluid

LIPID PROFILE	ACCEPTABLE RANGE
LDL Cholesterol (“bad” cholesterol)	<130 mg/dL
HDL Cholesterol (“good” cholesterol)	>40 mg/dL, male >50 mg/dL, female
Triglycerides	<150 mg/dL
Total Cholesterol	<200 mg/dL