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

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@ag.tamu.edu

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<table>
<thead>
<tr>
<th>All units are measured in mg/dL</th>
<th>Total Cholesterol</th>
<th>Triglycerides “Fats”</th>
<th>LDL “Bad” Cholesterol</th>
<th>HDL “Good” Cholesterol</th>
</tr>
</thead>
<tbody>
<tr>
<td>Optimal</td>
<td>Less than 200</td>
<td>Less than 150</td>
<td>Less than 100</td>
<td>60+ (men &amp; women)*</td>
</tr>
<tr>
<td>Borderline High</td>
<td>200-239</td>
<td>150-199</td>
<td>130-159</td>
<td>—</td>
</tr>
<tr>
<td>High</td>
<td>240+</td>
<td>200-499</td>
<td>160-189</td>
<td>—</td>
</tr>
</tbody>
</table>

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