



Nutrition Facts

Cholesterol

Did you know that one in five people have high cholesterol? Even if you are active or thin, young or old – anyone can have high cholesterol.

Understanding Your Cholesterol Numbers

Cholesterol:

It plays an important role in the body, but too much can be harmful. Total cholesterol is made up of LDL, HDL and triglycerides. What is the difference between them and how do you interpret your results? The guidelines listed below were created by the National Cholesterol Education Program to help you understand your results.

Total Cholesterol:

This is the total amount of cholesterol carried in the blood whether by LDL, HDL or another carrier.

HDL Cholesterol: This is known as the “good cholesterol” because it is believed to remove cholesterol from the blood

LDL Cholesterol: This is known as the “bad cholesterol” because excess LDL cholesterol builds up in the arteries and may lead to heart disease. The higher your LDL the higher your risk for developing heart disease.

Triglycerides: This is a type of fat that circulates in the blood and is stored in the body. High triglyceride levels may increase your risk for heart disease.

Helpful Tips

- ♦ Use cooking methods that require little or no oil.
- ♦ Try to boil, broil, bake, roast, poach or steam as much as possible.
- ♦ Season vegetables with herbs and spices instead of using butter or oil.
- ♦ Choose vegetable oils that contain no more than two grams of saturated fat per tablespoon.
- ♦ Choose skim milk instead of whole milk.
- ♦ When a recipe calls for an egg, try substituting with one egg white plus two teaspoons of unsaturated oil or use a cholesterol-free egg substitute.

	Total cholesterol	HDL Cholesterol	LDL Cholesterol	Triglycerides
Desirable	Less than 200 mg/dL	Above 60 mg/ dL	Less than 100 mg/ dL	Less than 150 mg/dL
Near Optimal	N/A	N/A	100—129 mg/ dL	N/A
Border-line-high	200 mg/ dL	N/A	130—159 mg/ dL	150—199 mg/dL
Un desirable	Above 240 mg/ dL	Less than 40 mg/ dL	Above 160 mg/ dL	Above 200 mg/dL

Fact: Saturated fats and trans fats boosts your blood cholesterol level more than anything else in your diet.

Tip: Try to avoid foods that are high in saturated fats or trans fats as much as possible.



Ask the Dietitian
 County of Los Angeles, Public Health Nutrition Program
www.lapublichealth.org/nutrition

