

Tips For Lowering Cholesterol

Cooking Modifications

- Bake, roast, broil, poach, steam or microwave your food. DO NOT FRY!
- Trim the fat, remove the skin & drain grease when cooking meat
- Use low-fat yogurt, cottage cheese and sour cream in recipes
- Use Olive oil or Canola oil

Foods to choose

- Drink non-fat or 1% milk
- Use non-fat or low fat dairy products and soft tub margarine
- Aim for 2 cups of fruit and 2 1/2 cups of vegetables everyday.
- Eat at least 3 ounces of whole grains everyday like brown rice, whole wheat bread and pasta, whole grain cereals & oatmeal

Foods to avoid

- Full fat milk, cheese, butter, dairy products and hard or stick margarine
- Creamy salad dressings & mayo
- Bacon, sausages & chorizo
- Fried foods, donuts & pastries
- Have only 3 or less egg yolks per week
- Organ meats like liver, kidneys, sweetbreads or brains

Physical Activity and Weight

- Get 30 minutes of activity each day
- Maintain a healthy weight
- If you are overweight, losing just 10% of your weight lowers your cholesterol

A Note On Fats

Some types of fat in food are almost as harmful or more harmful to your heart as cholesterol.

Saturated Fat

Eating foods with saturated fat will raise your blood cholesterol and clog your arteries. Saturated fats are found ONLY in animal foods like whole milk, butter, sour cream, full fat dairy products, beef, pork and poultry.

Trans Fats

Trans fats act just like saturated fats and raise your blood cholesterol levels. Trans fats are found in margarine, shortening and many baked products. Keep your trans fat intake as low as possible.

Poly- & Mono-unsaturated Fats

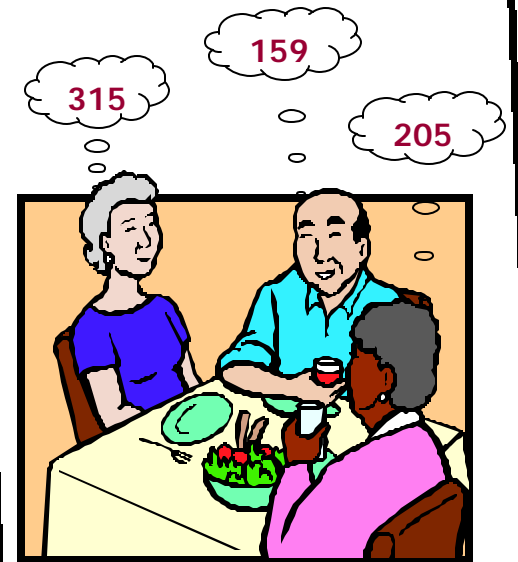
Not all fat is harmful. These fats are heart healthy. Include them in your diet to reduce your heart disease risk

- Eat fatty fish like salmon and albacore tuna 2-3 times a week.
- "Sprinkle" your diet with monounsaturated fats like:
 - Olive oil and canola oil
 - Nuts (almonds and walnuts)
 - Avocados
 - Flax seed

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What's Your Number?



Cholesterol: Know the Facts

About Cholesterol

Cholesterol

A fat-like, waxy substance that is naturally found in your blood. Your body needs cholesterol to fix cells and to make hormones and vitamin D. Everyday your liver makes most of the cholesterol you need. Cholesterol is found all animals and animal foods like red meat, organ meats, eggs and whole milk dairy. Plants and plant foods like fruits, vegetables and grains contain no cholesterol. Having too much cholesterol in your blood clogs your blood vessels leading to heart disease and heart attacks.

What raises my cholesterol?

- Eating foods high in cholesterol, fat and saturated fat
- Having a diet low in fiber, whole grains, fruits and vegetables
- Low physical activity levels, being overweight or obese, having diabetes
- Having high stress levels, smoking



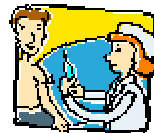
Why monitor my cholesterol?

- Cholesterol can build up in your blood slowly over time with out symptoms
- Finding out your cholesterol level allows you to make changes early enough to prevent a heart attack from happening



Getting Tested

Regularly testing your blood cholesterol lowers your chance of getting heart disease or having a heart attack. This test should be checked regularly, about every five years if you have no other risk factors for heart disease.



What should my cholesterol be?

There are several types of cholesterol in your blood that are measured to determine your risk for heart disease. A simple blood test will check your total cholesterol, HDL and LDL levels. According to the American Heart Association, your heart disease risk is based on the following:

	<i>Desirable</i>	<i>Borderline Risk</i>	<i>High Risk</i>
<i>Total Cholesterol</i>	Less than 200 mg/dl	200-239 mg/dl	Over 240 mg/dl
<i>LDL</i>	Less than 100-130 mg/dl	130-159 mg/dl	Over 160 mg/dl
<i>HDL</i>	Men: Over 45 mg/dl Women: Over 55 mg/dl	40 mg/dl	Below 40 mg/dl

Good vs. Bad

LDL Cholesterol = "BAD" cholesterol

- LDL travels from your liver through your blood dropping off cholesterol to your cells
- When LDL levels are high, too much cholesterol is dropped off in your blood vessels, blocking them
- **LDL levels increase from eating foods high in fat, saturated fat and cholesterol**

HDL Cholesterol = "GOOD" cholesterol

- HDL travels around in your blood picking up extra cholesterol bringing it back to the liver
- High HDL levels prevent cholesterol from building up in your arteries
- **HDL levels increase with exercise, weight loss, eating mono- and polyunsaturated fats & not smoking**



Keep your HDL levels HIGH and your LDL levels LOW to prevent heart disease and heart attacks