

Cholesterol and Your Diet



Change your diet
Change your life

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Cholesterol and Health

Cholesterol Levels		
Dangerous		
Total Cholesterol 240 and higher	LDL Cholesterol 160 and higher	HDL Cholesterol Under 40 (male) Under 50 (female)
At-Risk		
Total Cholesterol 200 – 239	LDL Cholesterol 100 – 159	HDL Cholesterol 40-59 (male) 50-59 (female)
Heart-Healthy		
Total Cholesterol Under 200	LDL Cholesterol Under 100	HDL Cholesterol 60 and higher

Source: my.clevelandclinic.org

- Cholesterol is essential for cell function but can pose health risks when levels are too high.
- High LDL cholesterol increases the risk of heart disease by contributing to plaque buildup in arteries.
- Monitoring cholesterol levels through regular blood tests is vital for early detection and management of cardiovascular issues.

Facts About Dietary Fat

- Dietary fats provide energy, support cell growth, and aid in nutrient absorption.
- Saturated and trans fats, found in processed foods and fatty meats, raise LDL cholesterol levels and increase heart disease risk.

- Unsaturated fats, such as those in nuts, seeds, and olive oil, promote heart health when consumed in moderation.

Tips for a Healthy Lifestyle

Lifestyle Changes for Lowering Cholesterol



Eat a well-balanced diet rich in fiber



Incorporate healthy fats into your diet




Lower saturated fat and trans fat consumption



Avoid frying your foods



Exercise regularly



Stop smoking

Source: <https://www.verywellhealth.com/cholesterol-levels-by-age-chart-5190176>

- Maintain a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats.
- Engage in regular physical activity to promote cardiovascular health and overall well-being.
- Prioritize stress management, adequate sleep, and avoidance of harmful habits like smoking for optimal health outcomes.

Better Fat and Bad Fat

The Good


Unsaturated Fats

Lowers bad cholesterol


Relieves inflammation

Lowers heart disease risk

Provides essential fats your body needs



Salmon



Avocado

The Bad


Saturated Fats

Increases bad cholesterol

Lowers good cholesterol

Increases heart disease risk and stroke

Negatively affects brain function




Red meat

The Ugly

Trans Fats

Increases risk of diabetes



French fries

- Good fats, like those in avocados and fatty fish, support heart health by lowering LDL cholesterol and reducing inflammation.
- Bad fats, found in fried foods and processed snacks, contribute to heart