



RISK OF DEVELOPING CARDIOVASCULAR DISEASE (CVD) INCREASE WITH THE FOLLOWING

- Elevated blood cholesterol levels (>200 mg/dl)
- Elevated LDL levels (>130 mg/dl) (bad guys)
- Low HDL (35mg/dl) (good guys)
- Elevated Triglyceride levels (>200 mg/dl)
- Cigarette smoking
- High blood pressure
- Diabetes
- Obesity
- Sedentary life-style
- Family history of heart disease
- Female gender after menopause

BASICS ABOUT CHOLESTEROL

- “Cholesterol” refers to:
 - A. Blood or serum cholesterol that circulates in the bloodstream
 - B. Dietary cholesterol
- Cholesterol is a fat-like substance, but not a fat
- Cholesterol is a necessary component of every cell in the body
- The body uses cholesterol as a raw material for many parts of the body
- The liver makes most of the cholesterol that the body needs. When we eat a high cholesterol food, the liver makes less
- Saturated fats in the diet affect the blood cholesterol more than foods high in cholesterol
- Other dietary factors that affect blood cholesterol and triglycerides include:
Omega 3 fatty acids / Monounsaturated fats / Fiber

For help in making dietary changes see our Registered Dietitian!