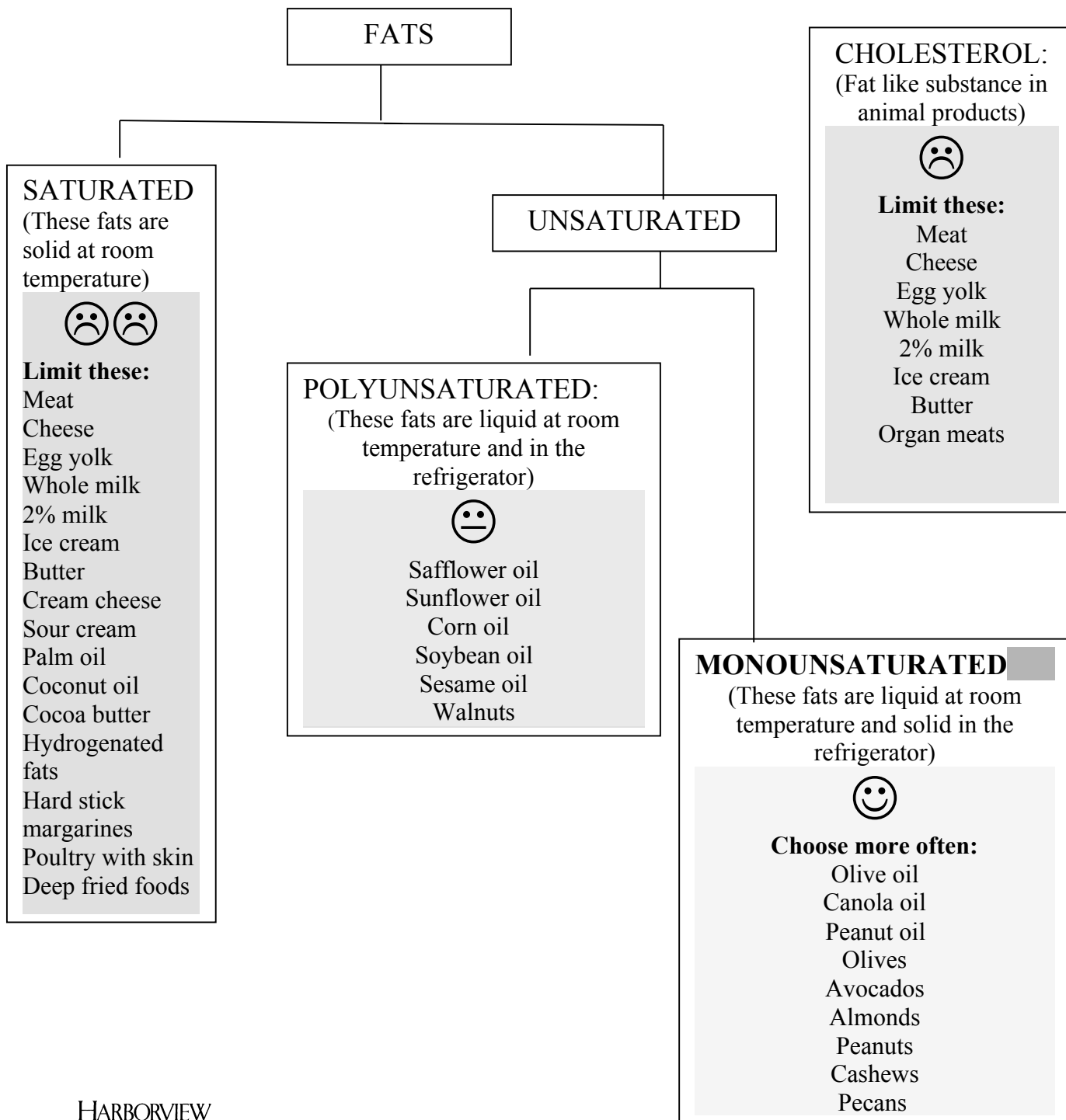
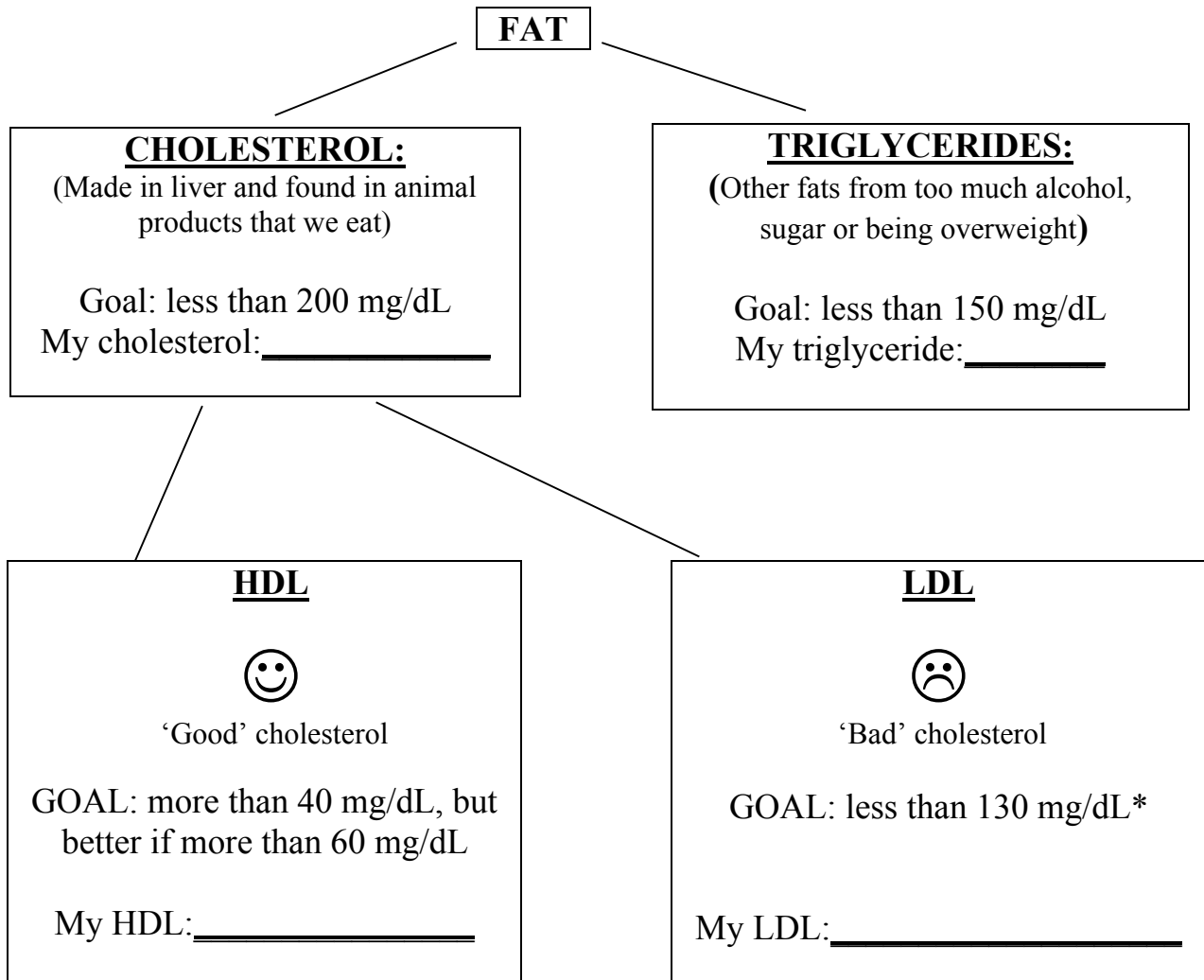


Types of Fat in Food



TYPES OF FAT IN BLOOD



*If you have 2 or more of the following risk factors for heart disease, your goal for LDL is less than 100 mg/dL. If you already had a stroke, have heart disease and/or diabetes, as well as 2 or more of the following risk factors, your goal for LDL is 70 mg/dL.

RISK FACTORS:

1. high blood pressure
2. diabetes
3. age (≥ 45 yrs in men, ≥ 55 yrs in women)
4. tobacco use
5. family history of premature CAD in 1st degree relative (< 55 yrs in men, < 65 yrs in women)
6. low HDL (< 40 mg/dL)

TIPS FOR IMPROVING YOUR CHOLESTEROL

- ❑ Aim for a healthy weight
By cutting down on fat in your diet, you can lose weight.
- ❑ Stop smoking
Smoking lowers your HDL (good cholesterol) and raises your risk for heart disease.
- ❑ Eat More Fiber by adding fruits and vegetables
Other sources of cholesterol-lowering fiber include beans, peas, soy products, oatmeal, oranges, figs, apples and plums.
- ❑ Choose Fish More Often
By adding fish two times a week you can improve your cholesterol.
- ❑ Add exercise
By exercising most days of the week, you can raise your good cholesterol (HDL) and lower your bad cholesterol (LDL).
- ❑ Eat Lean Meat And Trim Visible Fat
Regular beef is high in saturated fat and can raise your bad cholesterol. Choose foods like skinless chicken breast, pork tenderloin, lean ground turkey, lean ham or extra lean ground beef more often.
- ❑ Choose non-fat or low fat dairy products
Look for fat free or 1% milk, yogurt and cheeses. Fat free dairy products lower your total cholesterol and saturated fat intake.
- ❑ Use Low-Fat Cooking Methods (bake, broil, roast, grill or poach)
Try to avoid frying and sautéing with added fat. These can add large amounts of unhealthy fat to your diet and raise your bad cholesterol.

