

# Understanding Blood Lipids (Fats)

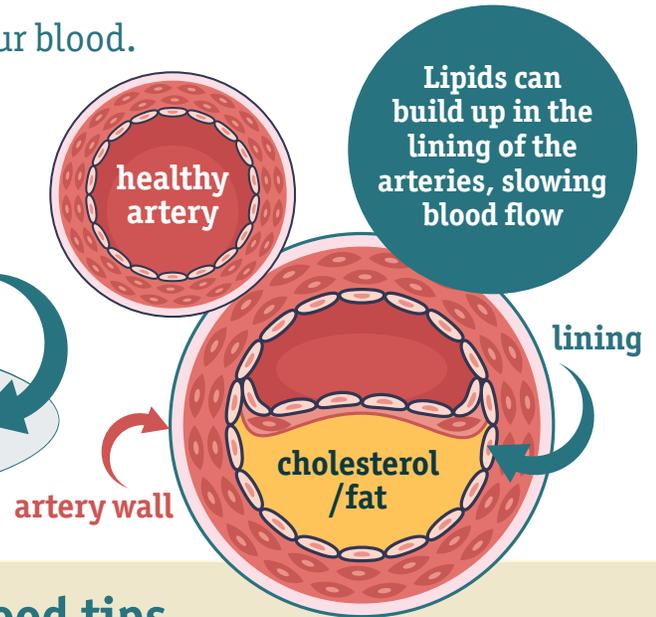
**Cholesterol and triglycerides** are **types of fats** in your blood.

Having too much can:

- ⚠️ Clog your arteries
- ⚠️ Raise your risk of heart attack or stroke

Knowing your lipid test numbers is important.

$$\begin{array}{l} \text{LDL} \\ \text{Cholesterol} \end{array} + \begin{array}{l} \text{HDL} \\ \text{Cholesterol} \end{array} + \text{Triglycerides} \\ = \text{Total Cholesterol}$$



## What raises cholesterol and triglycerides?



Being Overweight



Not being active

Family History



Poor Diet

## Food tips

- ✓ **HDL-RAISING:**  
Olive oil, avocados, nuts
- ✓ **LDL - AND TRIGLYCERIDE-LOWERING:**  
Oatmeal, apples, oranges, salmon, tofu
- ✗ **LDL-RAISING:**  
Fatty meats, full-fat dairy, fried foods, processed snacks and sweets
- ✗ **TRIGLYCERIDE-RAISING:**  
Alcohol, refined carbs (white breads, pastas), sugar, animal products

## What you can do

Eat a Heart-Healthy Diet



Lose Weight

Get Regular Exercise



Don't Smoke!



Medication if needed, usually a statin to start



Ask about other risk factors, including diabetes, inflammatory diseases, early menopause, pregnancy-related problems.

For more information, visit [CardioSmart.org/Cholesterol](https://www.heart.org/cholesterol)

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