What is CHOLESTEROL?

A fat-like substance in your blood. Too much cholesterol can clog your arteries and increase risk for heart attack or stroke.

\[ \text{LDL "Bad" Cholesterol} + \text{HDL "Good" Cholesterol} + \frac{\text{TRIGLYCERIDES}}{5} = \text{TOTAL CHOLESTEROL} \]

What Causes HIGH CHOLESTEROL?

- Being Overweight
- Age
- Being Inactive
- Family History
- Poor Diet

FOOD TIPS

✔ HDL-RAISING:
  - Olive oil, avocados, walnuts
  - LDL AND TRIGLYCERIDE-LOWERING:
  - Oatmeal, apples, oranges, salmon, tofu

✘ LDL-RAISING:
  - Egg yolks, fatty meats, shellfish, dairy products, processed snacks
  - TRIGLYCERIDE-RAISING:
  - Excessive drinking,
    - simple carbs/starches,
    - sugars, animal products
  - What raises LDL can also raise Triglycerides.

How is it TREATED?

- Eat A Heart-Healthy Diet
- Lose Weight
- Get Regular Exercise
- Don't Smoke!
- Medication

Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

For more information, visit CardioSmart.org/Cholesterol

@CardioSmart  Facebook.com/CardioSmart