The Role of Food and Your Health: Cholesterol and Blood Sugar
These slides were created by the Kentucky Inclusive Health Collaborative at the University of Kentucky Human Development Institute in collaboration with Aramark and the American Heart Association as part of the Healthy for Life® Initiative.
Agenda

• Introduction
• Role of Food
  • Cholesterol
  • Blood Sugar
• Facts on Fats
• Health Care Discussions
• Goal Setting
Learning Objectives

• Understand how food affects your body’s cholesterol and blood sugar levels.
• Identify at least two strategies each for controlling cholesterol and blood sugar.
• Meet with a health care professional to discuss personal cholesterol and blood sugar measurements.
Ice Breaker
THE ROLE OF FOOD AND YOUR HEALTH: CHOLESTEROL

aramark
American Heart Association.
Cholesterol

- Cholesterol is made and used by our bodies
- Fat-like substance in blood and body's cells
Cholesterol

**HDL – Good**
- carries bad cholesterol out of arteries
- protects from heart attack and stroke

**LDL – Bad**
- builds up on artery walls
- arteries get clogged and narrow
- reduces blood flow to your heart and brain
Keep Cholesterol In Check!

- Eat a healthy **diet**
- Engage in **physical activity**

Remember the 3 C's!

- **Check** – and know your numbers
- **Change** – diet and lifestyle
- **Control** – your levels
Tips for Good Cholesterol

Eat More:
- Fruits
- Vegetables
- Whole Grains
- Nuts
- Legumes
- Fish

Eat Less:
- Saturated Fats
- Fatty or Processed Meats
- Refined Carbohydrates
- Sugary Drinks
Tips for Good Cholesterol

**Good Fats**
- Monounsaturated and Polyunsaturated
- Lowers bad cholesterol and risk of heart disease and stroke
- Body does not make

**Bad Fats**
- Saturated fats and hydrogenated oils and trans fat
- Increase risk of heart disease and stroke
The AHA Recommends
Eating a Healthy Diet That . . .

• Includes good, unsaturated fats
  • Avocados, olive oil, nuts

• Limits saturated fats
  • Cheese, butter, bacon

• Keep trans fats as low as possible
  • Pizza and baked goods
Get Active

- **Aerobic** (Heart Pumping)
  - Moderate Activity
    - 150 minutes per week
  - Vigorous Activity
    - 75 minutes per week
  - You can also mix and match or do both throughout the week!

- **Muscle Strength** Training
  - Moderate-High
  - 2 days a week
Blood Sugar Definitions and Concerns

Definitions:

• Diabetes – condition where you have too much sugar in your blood
• Insulin – a hormone that controls blood sugar levels
• Glucose – the sugar that fuels your body

If untreated, high blood sugar can damage parts of your body including:

Eyes  Kidneys  Nerves  Heart
Blood Sugar: Healthy Tip

• Lower risk of diabetes and heart disease!

• TIP: Replace sugary drinks with sparkling water

• Sugary Beverages:
  • Full of calories
  • #1 source of added sugar in our diet
  • 12 ounces of soda = about 10 teaspoons of sugar
Health Care Discussions

Learn About Your Cholesterol and Blood Sugar
**1. UNDERSTAND CHOLESTEROL**

Cholesterol is a fat-like substance that comes from two sources: **FOOD** and **BODY**. It is found in foods from animal sources only. It travels in the body by lipoproteins (LDL and HDL).

- **HDL = GOOD**
  - High-density lipoprotein is known as "good" cholesterol.

- **LDL = BAD**
  - Low-density lipoprotein is known as "bad" cholesterol.

HDL helps keep LDL from sticking to artery walls and reduces plaque buildup. This process can lower the risk of heart disease and stroke. heart.org/AfterCoronary

**TRIGLYCERIDES**

The most common type of fat in the body.

**TOTAL CHOLESTEROL**

HDL + LDL + 1/5th of triglyceride level = total cholesterol level.

**2. TRACK LEVELS**

A health care provider can measure blood cholesterol and help you understand what the levels mean. Track your cholesterol levels over time and take steps to reduce high cholesterol.

**LEARN MORE AT HEART.ORG/MYLIFECHECK AND HEART.ORG/CHOLESTEROL**

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**3. TIPS FOR SUCCESS**

- **EAT SMART**
  - Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins, and fish. Limit sugary drinks and foods, fatty or processed meats, full-fat dairy products, eggs, and tropical oils. heart.org/EatSmart

- **MOVE MORE**
  - Physical activity helps improve cholesterol levels. heart.org/MoveMore

- **KNOW YOUR FATS**
  - The fats you eat can affect your cholesterol levels. Replace saturated fats with unsaturated fats. heart.org/Fats

- **DON'T SMOKE**
  - Smoking lowers good HDL cholesterol and raises your risk of heart disease. heart.org/Tobacco

- **TAKE MEDICATION AS DIRECTED**
  - Your doctor may prescribe statins or other medications to control your cholesterol levels.
HOW TO MANAGE BLOOD SUGAR

1. UNDERSTAND BLOOD GLUCOSE

The first step to managing your blood sugar is to understand what makes blood sugar levels rise. [heart.org/Diabetes]

**GLUCOSE**

The carbohydrates and sugars in what you eat end up turning into glucose (sugar) in the stomach and digestive system. Glucose can then enter the bloodstream.

**INSULIN**

Insulin is a hormone made in the pancreas that helps the body’s cells take up glucose from blood and lower blood sugar levels.

In type 2 diabetes glucose builds up in the blood instead of going into cells because:

- The body develops “insulin resistance” and can’t use the insulin it makes efficiently.
- The pancreas gradually loses its ability to produce insulin.

The result can be a high blood glucose level.

2. TRACK LEVELS

Weekly blood glucose readings and provide recommendations.

If you’re diagnosed with type 2 diabetes, you will need to monitor your blood sugar level regularly. Know Diabetes by Heart can help you manage type 2 diabetes. [KnowDiabetesByHeart.org]

- **Fasting Blood Glucose**
  - Less than 100 mg/dL: Normal
  - 100 to 125 mg/dL: Pre-diabetes
  - 126 mg/dL or higher: Diabetes Mellitus (Type 2 Diabetes)

- **Diabetes Mellitus**
  - Increased risk of heart disease or stroke

3. TIPS FOR SUCCESS

- **EAT SMART**
  - Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, lean proteins, and fish. Limit sweetened drinks, added sugars, fatty foods, processed meats and sodium. [heart.org/EatSmart]

- **MOVE MORE**
  - Being physically active can lower your risk of developing diabetes and help you manage the disease if you already have it. [heart.org/MoveMore]

- **MANAGE WEIGHT**
  - Stay at a healthy weight to help prevent, delay or manage diabetes. [heart.org/Weight]

- **DON’T SMOKE**
  - Smoking, vaping or using tobacco can increase your risk of heart disease, stroke, many cancers and other chronic diseases. It may also make prediabetes and diabetes harder to manage. [heart.org/Tobacco]

Learn more at [heart.org/HLYLIFECHECK] and [heart.org/DIABETES].

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### Sip Smarter

**Replace Sugary Beverages...**
- Full calorie soft drinks
- Energy sports drinks
- Vitamin-enhanced flavored soft drinks
- Diet sodas
- Artificially sweetened drinks

**With Better Choices!**
- The best thing you can drink is water! Try drinking sparkling or naturally flavored water for a healthier alternative.
- Dry tea and tea with herbal teas for a healthier alternative.
- For adults, herbal teas may help replace high-calorie sugar-free diet drinks.

#### The Facts May Surprise You.

Most Americans consume nearly 20 TEASPOONS of added sugars EACH DAY. That’s more than triple the recommended daily fruit for women and double for men.

![Source of Added Sugars in Our Diet](image)

**Try These Tips to Quench Your Thirst with Less Added Sugars**

**Start Cutting Back:**
- Take steps to reduce or replace sugary drinks in your diet.
- **RIPPLE** most of your drinks with water.
- **Reduce** the amount of sugar in your coffee up to 50% gradually until your taste adapts to less sweetness.
- **Add** unsweetened sparkling water to keep your arm full of flavor with less added sugars per serving.

**Choose Water:**
- Make sure to choose low-sugar sparkling water.
- **CARE**: water is good water.
- **Add** 10% of 120 calories and 10 TEASPOONS of added sugars.

**Make It at Home:**
- Family favorites like hot chocolate, lemonade, smoothies, fruit juice, chocolate milk and coffee drinks may help make home with less added sugars.
- **Start with unsweetened beverages**: fresh flavor to home with the addition of fruit, tea or coffee beans, and cold and unsweetened.
- Eat great for beverages and more at [HEART.org/RECIPES](https://www.HEART.org/RECIPES).

**Read the Label and Choose Wisely:**
- **Sip** drinks that appear to be healthy may have high levels of added sugars. Check serving sizes per container and ingredients list.
- **Added sugars go by many names**, including sucrose, glucose, fructose, maltose, high fructose corn syrup, corn syrup, high fructose corn syrup, and honey.

**Eat Smart**

[HEART.org/MyPlate](https://www.HEART.org/MyPlate)
Creamy Chicken Curry
What are your SMART goals?

SMART

Specific Measurable Attainable Relevant Time-Based

American Heart Association®
SMART Goal Example

**Goal:**
I will check my cholesterol and blood sugar levels regularly.

**SMART Goal:**
I will ask my doctor about my cholesterol and blood sugar levels at every visit and at least once a year.
Questions?
Thank You!