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.1

LDL = bad
Low-density lipoprotein is known as “bad” cholesterol.2

HDL helps keep LDL from sticking to artery walls and reduces plaque build up. This process can lower the risk of heart disease and stroke.

Triglycerides  
The most common type of fat in the body.3

Total Cholesterol  
HDL + LDL + 1/5th of triglyceride level = total cholesterol level.4

HOW TO CONTROL CHOLESTEROL

1 UNDERSTAND CHOLESTEROL

2 TRACK LEVELS

A medical provider can measure blood cholesterol. Track cholesterol levels with a personal at-home chart.

3 TIPS FOR SUCCESS

EAT BETTER
Eat a diet rich in fruits, vegetables, whole grains, low-fat dairy products, poultry, fish and nuts. Limit sugary foods and drinks, fatty or processed meats, and salt.

GET ACTIVE
Physical activity not only helps control cholesterol but also weight, blood pressure and stress levels.5

KNOW YOUR FATS
The fats you eat can affect your cholesterol levels. Replace saturated and trans fats with healthier monounsaturated and polyunsaturated fats.6

TAKE MEDICATION AS DIRECTED
The best way to reach treatment goals and enjoy the benefits of better health is to follow a medical provider’s advice.7

QUIT SMOKING
If an individual smokes, high cholesterol is another good reason to quit. And everyone should avoid exposure to secondhand smoke.

Tips for Success

1. http://www.heart.org/HEARTORG/Encyclopedia_UCM_445084_Encyclopedia.jsp?levelSelected=&title=HDL
2. http://www.heart.org/HEARTORG/Encyclopedia_UCM_445084_Encyclopedia.jsp?levelSelected=&title=LDL
3. http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/What-Your-Cholesterol-Levels-Mean_UCM_305562_Article.jsp#.WCIzvi0rLIU

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