



## HEART HEALTH

Your lipid profile is a group of blood tests that can help determine your risk for heart disease. The tests included in this profile are total cholesterol, HDL cholesterol, LDL cholesterol and triglycerides.

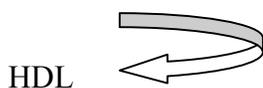
What is Cholesterol?

A yellowish waxy lipid material. We get cholesterol from two sources: cholesterol made in the body by the liver and cholesterol that comes from foods we eat. While some cholesterol is needed for good health, too much cholesterol in your blood can raise your risk of having a heart attack or stroke.

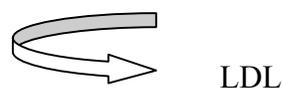
The extra cholesterol in your blood may be stored in your arteries (blood vessels) and cause them to narrow; this is called atherosclerosis. Large deposits of cholesterol can completely block an artery so the blood can't flow through. If an artery to your heart becomes blocked, a heart attack can occur. If an artery that supplies blood to your brain becomes blocked, a stroke can occur.

**Goal for total cholesterol: less than 200.**

Cholesterol can be divided into two groups:



“Good” cholesterol  
-Removes cholesterol  
from the bloodstream



“Bad” cholesterol  
-Delivers cholesterol  
to the body

**Goal for LDL: Less than 100; your doctor may recommend less than 70**

**Goal for HDL: Greater than 40 (45 for women)**

What are triglycerides?

The form in which most fats exist in food as well as in the body. Triglycerides in the blood are derived from fats in food or made in the body from other sources like carbohydrates. Excess calories in a meal are converted to triglycerides for storage. High triglycerides are linked to the occurrence of coronary artery disease in some people.

**Goal for triglycerides: Less than 150**

What can you do to lower your total and LDL cholesterol?

1. Quit smoking
2. Increase physical activity
3. If you're overweight, a 20 lb weight loss can be beneficial; it would be optimal for you to reach your ideal body weight
4. Reduce amount of saturated fat and cholesterol in your diet (fat coming from animal fat and dairy fat); reduce or eliminate trans fats

**Here are some suggestions for diet changes:**

- Choose lean meats more often such as chicken and turkey (no skin), fish (not fried), and game
- Choose leaner cuts of beef like round and loin, choose 90% or greater lean ground beef; cut off visible fat
- Choose low fat milk, cheese, cottage cheese and yogurt
- Limit 2 egg yolks per week
- Increase intake of fruits, vegetables, whole grains, beans (fiber) and ground flaxseed (fiber, omega 3 fatty acids and antioxidants)
- Include moderate amounts of polyunsaturated fats in your diet such as: low-fat tub margarine, reduced or fat-free mayo, walnuts, oil (corn, safflower, soybean), reduced fat salad dressing and seeds (pumpkin, sunflower) WATCH PORTIONS OF THESE FOODS- LOTS OF CALORIES
- Reduce or eliminate intake of bacon, stick butter, coconut, cream, cream cheese, shortening or lard and sour cream (high in saturated fats)

What can you do to raise your HDL cholesterol?

1. Aerobic exercise; aim for 150 minutes per week
2. Weight loss if overweight
3. Quit smoking
4. Reduce or eliminate trans fats and include monounsaturated fats in your diet

**Here are some suggestions for diet changes:**

- Include moderate amounts of monounsaturated fats in your diet such as: avocados, oil (canola, olive, peanut), green and black olives, nuts (almonds, cashews, peanuts, pecans), natural peanut butter, sesame seeds and tahini or sesame paste  
WATCH PORTIONS OF THESE FOODS-LOTS OF CALORIES
- Check food labels for trans fats in processed foods; reduce or eliminate!
- Increase fiber in your diet from sources such as fruits, vegetables, beans and whole grains or oats

What can you do to lower your triglycerides?

1. Reduce calories to help achieve weight loss. This includes all sources of calories, from fats, proteins, carbohydrates and alcohol.
2. Reduce saturated fat and cholesterol in your diet
3. Include mono and polyunsaturated fats into daily diet
4. Include fish high in omega 3 fatty acids such as mackerel, lake trout, herring, sardines, albacore tuna and salmon.
5. Be physically active for 150 minutes per week