CHOLESTEROL



What is CHOLESTEROL?

A fat-like substance in your blood. Too much can clog your arteries and make a heart attack or stroke more likely.









TRIGLYCERIDES/5



TOTAL CHOLESTEROL

What Causes HIGH CHOLESTEROL?









FOOD TIPS

- ✓ HDL-RAISING:
- Olive oil, avocados, walnuts LDL AND TRIGLYCERIDE-LOWERING:

Oatmeal, apples, oranges, salmon, tofu

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

What YOU CAN DO











Medication, if needed, usually a statin to start



18. American College of Cardi