



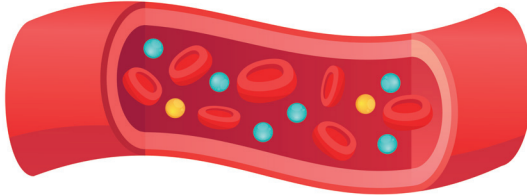
## CHOLESTEROL

### What Is Cholesterol?

Cholesterol is a type of fat found in your blood. Cholesterol is made by your liver as well as consumed through foods. High cholesterol is caused by obesity, high saturated and trans fat intake, lack of physical activity and genetics. There are three measurements for cholesterol: total cholesterol, HDL cholesterol, and LDL cholesterol. It is important to keep LDL or “bad” cholesterol low and HDL or “good” cholesterol high.

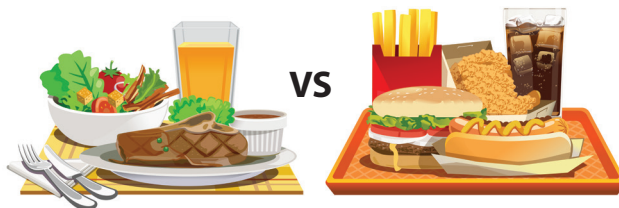
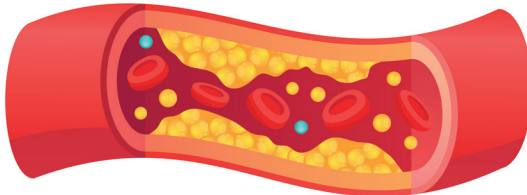
### HDL

*High Density Lipoprotein*



### LDL

*Low Density Lipoprotein*



### Ways To Lower Cholesterol

**Decrease saturated and trans fat intake:** these fats contain high amounts of cholesterol that lead to increased levels in the blood. Saturated and trans fats come from processed foods, pastries, animal protein, and high-fat dairy. To decrease your intake of these fats choose healthier cooking methods like baking, steaming, or broiling, remove excess skin and fat from meat, and choose low-fat dairy.

**Increase healthy fat intake:** you shouldn't cut fat completely out of your diet, but rather choose healthier fat options like omega-3s. These fats are great for heart health as they increase HDL cholesterol.

Healthy fats to choose: nuts, seeds, nut butters, fatty fish, avocado, olive oil, and canola oil.

**Increase fiber intake:** getting adequate fiber in your diet can help lower cholesterol because it binds to the bad cholesterol, allowing less to be released into your blood. Fiber is found in many foods including whole grains, fruits, vegetables, seeds, legumes, and nuts. Many cereals are now fortified with fiber too.

Women should aim for 25 g/day and men 30-35 g/day.

**Increase exercise:** getting your heart rate up and your blood pumping can help raise “good” cholesterol and clear the “bad” cholesterol from your blood.

### Here Are A Few Ways To Incorporate These Changes Into Your Diet

- Include fatty fish (tuna, salmon, mackerel) in your diet 2x per week
- Swap out butter on toast or cheese in salads with avocado
- Choose whole grains over white grains 50% of the time
- Eat whole fruit over fruit juice
- Aim for 30 minutes of exercise 3-5x per week

