

## CHOLESTEROL

Your Total Cholesterol (LDL+ HDL) is \_\_\_\_\_, this is abnormal / normal. Should be **less than 200.**

Your LDL (Bad/Lousy/Lethal, keep it Low) is \_\_\_\_\_, this is abnormal / normal. Should be **less than 130.**

If you have Diabetes or Heart Disease, your LDL should be less than 70.

Your HDL (Healthy, keep it High) is \_\_\_\_\_, this is abnormal/normal. Should be **more than 40.**

	CHOOSE	Go Easy on	AVOID
<b>Meat / Fish</b>	<ul style="list-style-type: none"> <li>• Grilled Chicken (remove skin)</li> <li>• Turkey</li> <li>• Fish (salmon, tilapia, tuna)</li> </ul>	<ul style="list-style-type: none"> <li>• Beef (choose lean not fatty), eat only once a week.</li> </ul>	<ul style="list-style-type: none"> <li>• Bacon</li> <li>• Sausages</li> <li>• Pork</li> <li>• Hot Dogs</li> <li>• Lunch meats</li> </ul>
<b>Dairy</b>	<ul style="list-style-type: none"> <li>• Skim, Low fat, or 1% Milk</li> <li>• Low-fat yogurt</li> <li>• Low-fat cheeses</li> </ul>	<ul style="list-style-type: none"> <li>• 2% milk</li> <li>• Regular yogurt</li> <li>• Light cream cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Milk (red cap)</li> <li>• Cream cheese</li> <li>• Heavy creams, half and half</li> </ul>
<b>Breads/ Rice</b>	<ul style="list-style-type: none"> <li>• Wheat or Multigrain</li> <li>• Bread</li> <li>• Oatmeal</li> <li>• Beans: chickpeas/kidney beans</li> </ul>	<ul style="list-style-type: none"> <li>• White Bread</li> <li>• Low-fat baked goods</li> <li>• Waffles and Pancakes with light toppings (no butter, no syrup, no sugar)</li> </ul>	<ul style="list-style-type: none"> <li>• Doughnuts</li> <li>• Sweets</li> <li>• Pies</li> <li>• Croissants</li> <li>• Sugary Cereal</li> </ul>
<b>Fruits/ Vegetables</b>	<ul style="list-style-type: none"> <li>• Fresh Fruits</li> <li>• Fresh Vegetables: spinach, squash, broccoli, eggplant, and zucchini.</li> <li>• Grilled or Steamed</li> <li>• Vegetables</li> </ul>		<ul style="list-style-type: none"> <li>• Butter cooked with Vegetables</li> <li>• Canned Vegetables</li> <li>• Dried Fruits</li> </ul>
<b>Salad</b>	<ul style="list-style-type: none"> <li>• Fruit Salad</li> <li>• Vegetable Salad</li> </ul>		<ul style="list-style-type: none"> <li>• Salad dressings (use lemon and olive oil instead)</li> </ul>
<b>Snacks</b>	<ul style="list-style-type: none"> <li>• Nuts: Walnuts, Almonds</li> <li>• Low- fat popcorn</li> </ul>		<ul style="list-style-type: none"> <li>• Ice cream</li> <li>• Chips</li> <li>• Buttery popcorn</li> </ul>
<b>Oils</b>	<ul style="list-style-type: none"> <li>• Olive oil</li> <li>• Corn oil</li> </ul>	<ul style="list-style-type: none"> <li>• Coconut Oil</li> <li>• Palm Oil</li> </ul>	<ul style="list-style-type: none"> <li>• Butter</li> <li>• "Trans fats"</li> <li>• "Saturated Fats"</li> </ul>

**What can high LDL cholesterol (Bad/Lousy/Lethal cholesterol) lead to?**

**Heart Attack:** Blocks and clogs your heart arteries.

**Stroke:** Blocks the arteries going to your brain.

**Peripheral Artery Disease:** Reduces blood flow in your legs, causing leg pain and numbness.

**What can HDL (Healthy Cholesterol) do for me?**

HDL removes cholesterol from the blood & helps clean arteries.