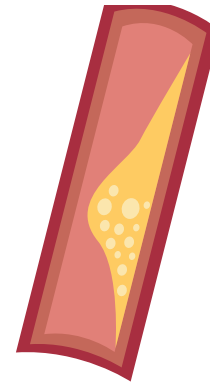


What is CHOLESTEROL?

▶ A **fat-like substance** in your blood. Too much cholesterol can **clog your arteries and increase risk for heart attack or stroke.**



LDL "Bad" Cholesterol $+$ **HDL** "Good" Cholesterol $+$ **TRIGLYCERIDES/5** $=$ **TOTAL CHOLESTEROL**

What Causes HIGH CHOLESTEROL?



Being Overweight



Age



Being Inactive



Family History



Poor Diet

FOOD TIPS

- ✓ **HDL-RAISING:**
Olive oil, avocados, walnuts
 - LDL AND TRIGLYCERIDE-LOWERING:**
Oatmeal, apples, oranges, salmon, tofu
 - ✗ **LDL-RAISING:**
Egg yolks, fatty meats, shellfish, dairy products, processed snacks
 - TRIGLYCERIDE-RAISING:**
Excessive drinking, simple carbs/starches, sugars, animal products
- What raises LDL can also raise Triglycerides.*

How is it TREATED?



Eat A Heart-Healthy Diet



Lose Weight



Don't Smoke!



Get Regular Exercise



Medication

Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

For more information, visit WMCHHealthAPS.com/Heart