

## CHOLESTEROL FACT SHEET

Blood Lipid	Your Level	Desirable Level
Total Cholesterol		< 170 mg/dL
LDL 'Bad'		< 110 mg/dL
Triglyceride		33-115 mg/dL
HDL ☺		37-75 mg/dL

Lipid	Factors You Can Control
LDL 'Bad'	<p>Factors That Increase:</p> <ul style="list-style-type: none"> <li>Saturated fats (fried foods, fatty meats, regular cheese, lard, high fat desserts, whole milk, palm oil, coconut oil).</li> </ul> <p>Tips To Decrease:</p> <ul style="list-style-type: none"> <li>Monounsaturated fats (almonds, canola, olive and peanut oils), omega-3 fats (fish especially cold water fish like wild salmon, sardines, herring, anchovies, mackerel and trout) and flax seed in your diet can have an effect on lowering LDL.</li> <li>Margarine spread fortified with plant stanols or sterols like Take control® or Benecol® may also help lower LDL levels.</li> </ul>
Triglyceride	<p>Factors That Increase:</p> <ul style="list-style-type: none"> <li>Saturated fats, total fats, carbohydrates, simple sugars (regular soda and juice).</li> </ul> <p>Tips To Decrease:</p> <ul style="list-style-type: none"> <li>Maintaining a healthy weight will help improve triglyceride levels.</li> <li>Choose cereals with sugar &lt;7 grams/serving.</li> <li>Choose products where fructose or sucrose is not one of the first 5 ingredients listed on the label.</li> </ul>
HDL ☺	<p>Factors That Increase: (You want to increase HDL):</p> <ul style="list-style-type: none"> <li>Loosing weight (or maintaining a healthy weight)</li> <li>Consistent exercise</li> </ul> <p>Tips To Increase:</p> <ul style="list-style-type: none"> <li>Incorporate 30 – 60 minutes of intense aerobic exercise on most days of the week to help raise HDL. To keep your child interested, try joining in and make it a fun family activity!</li> </ul>

### Fiber:

Fiber is the part of the plant foods that cannot be digested or absorbed by the body. Eating a diet high in fiber may help lower blood cholesterol, especially LDL (bad) cholesterol. Fiber is found in fruits, vegetables, cereals, oats and whole grain. Legumes (dried peas, beans and lentils) are also rich in fiber. A Registered Dietitian can help you determine how much fiber your child needs.