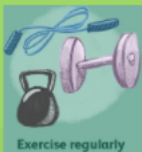


Types of cholesterol:

HDL = GOOD: High-density lipoprotein.
LDL = BAD: Low-density lipoprotein.
Triglycerides = increases blood sugar and risk for obesity.



Exercise regularly

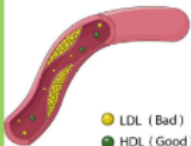
Levels:

HDL: 40 or higher
LDL: Less than 100
Triglycerides: below 150, 150-199 is borderline, and over 200 is high.

What is cholesterol?

Cholesterol is a fat-like substance that comes from two sources:
food and body
Your health care provider can measure blood cholesterol and help you understand what the levels mean.
Track your cholesterol levels over time and take steps to reduce high cholesterol.

Good vs Bad Cholesterol

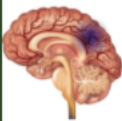


● LDL (Bad)
● HDL (Good)

Eat a well-balanced diet rich in fiber

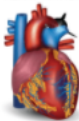


STROKE



BLOOD CLOT BLOCKS BLOOD FLOW TO THE BRAIN

HEART ATTACK



BLOOD CLOT BLOCKS BLOOD FLOW TO THE HEART MUSCLE

High Cholesterol

-Leads to heart attack, stroke, and death

How to prevent high cholesterol:

- 1. Eat Smart:** Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins, and fish. Limit these to 2-3 a week, sugary drinks and foods, fatty or processed meats, full-fat dairy products, and eggs.
- 2. Move More:** Physical activity helps improve cholesterol levels.
- 3. Know Your Fats:** The fats you eat can affect your cholesterol levels. Replace saturated fats with unsaturated fats.
- 4. Don't Smoke:** Smoking lowers good HDL cholesterol and raises your risk of heart disease.
- 5. Take Medication as Directed:** Your doctor may prescribe statins or other medications to control your cholesterol levels. If put on medication for High cholesterol avoids foods and drinks with grapefruit.
- 6. Weight loss**
- 7. Lower your alcohol intake**



Lower saturated fat and trans fat consumption



Avoid frying your foods



Stop smoking