



# HOW TO CONTROL CHOLESTEROL

## 1 UNDERSTAND CHOLESTEROL

Cholesterol is a fat-like substance that comes from two sources: **FOOD** and **BODY**. It is found in foods from animal sources only. It travels in the body by lipoproteins (LDL and HDL).



### HDL = GOOD

High-density lipoprotein is known as "good" cholesterol.



### LDL = BAD

Low-density lipoprotein is known as "bad" cholesterol.

HDL helps keep LDL from sticking to artery walls and reduces plaque buildup. This process can lower the risk of heart disease and stroke. [heart.org/Atherosclerosis](http://heart.org/Atherosclerosis)

### TRIGLYCERIDES

The most common type of fat in the body.

### TOTAL CHOLESTEROL

HDL + LDL + 1/5th of triglyceride level = **total cholesterol level.**

## 2 TRACK LEVELS



A 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.

LEARN MORE AT [HEART.ORG/MYLIFECHECK](http://HEART.ORG/MYLIFECHECK) AND [HEART.ORG/CHOLESTEROL](http://HEART.ORG/CHOLESTEROL)

## 3 TIPS FOR SUCCESS



### EAT SMART

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins and fish. Limit sugary drinks and foods, fatty or processed meats, full-fat dairy products, eggs and tropical oils. [heart.org/EatSmart](http://heart.org/EatSmart)



### MOVE MORE

Physical activity helps improve cholesterol levels. [heart.org/MoveMore](http://heart.org/MoveMore)



### KNOW YOUR FATS

The fats you eat can affect your cholesterol levels. Replace saturated fats with unsaturated fats. [heart.org/Fats](http://heart.org/Fats)



### DON'T SMOKE

Smoking lowers good HDL cholesterol and raises your risk of heart disease. [heart.org/Tobacco](http://heart.org/Tobacco)



### TAKE MEDICATION AS DIRECTED

Your doctor may prescribe statins or other medications to control your cholesterol levels.