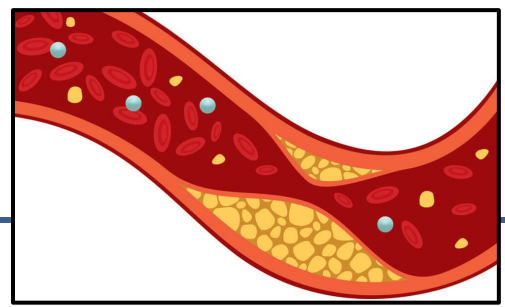


Florida Healthcare Associates

CHOLESTEROL



- **High density lipoproteins (HDL cholesterol)** are called **GOOD** cholesterol because they remove cholesterol from the bloodstream and the artery walls. A healthy HDL-cholesterol level may protect against heart attack and stroke.
- **Low density lipoproteins (LDL cholesterol)** are considered **BAD** cholesterol. Too much LDL contributes to fatty buildups in arteries.
- **Triglycerides** are the most common type of fat in the body. A high triglyceride level combined with high LDL (bad) cholesterol or low HDL (good) cholesterol is linked with fatty buildups within the artery walls, which increases the risk of heart attack and stroke.

BE HEART HEALTHY ♥

- Making sure you understand what cholesterol is and how to manage it
- Not smoking
- Eating a heart-healthy diet
- Getting enough physical activity

WHAT TO AVOID ♥

- Foods with a lot of sodium (salt)
- Sweets and sugar-sweetened beverages
- Red meats and fatty meats
- Full-fat dairy products such as whole milk, cream, ice cream, butter, and cheese
- Baked goods made with saturated and trans fats like donuts, cakes and cookies
- Foods that list the words “hydrogenated oils” in the ingredients panel.
- Tropical oils such as coconut, palm and palm kernel oils
- Solid fats like shortening, stick margarine and lard
- Fried foods