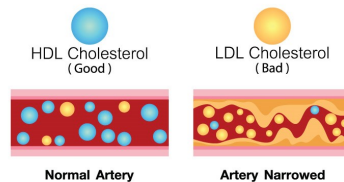


Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables.

## Cholesterol

Cholesterol is something that is found in your blood and is used by the body to build cells as well as produce vitamin D and sex hormones. If there is too much cholesterol in the blood stream however, it can cause build ups and prevent blood flow through the arteries. If parts of these build ups break off they can cause a stroke or heart attack. Even though high cholesterol can sometimes be passed on through genes, it is also impacted by life choices such as diet and exercise.



### Weekly Challenge:

Do something active (like taking a walk) at least 2-3 times a week.

*Photo courtesy of avitahealth.org*

## HDL vs. LDL Cholesterol

High-density lipoprotein, or HDL, is the good cholesterol that works to bring the bad cholesterol from your blood stream back into the liver.

On the other hand, low-density cholesterol, or LDL, is the bad cholesterol that get stuck in your blood stream and travels throughout your body. Too much of it builds up in your arteries, forms blockages, and causes the arteries to harden and stops blood from flowing the way it should.

### Did you know:

Most of cholesterol is produced by your liver and it is needed for your body.

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Abby Hassing 9-22

## Foods to Avoid & Foods to Enjoy



Foods that are high in LDL, or the bad cholesterol are foods that you want to limit or avoid. These foods include processed baked goods (such as donuts and pastries), red meats, full-fat dairy products, deep fried foods, and butter. Foods with the good cholesterol, HDL, include legumes, whole grains, fatty fish, nuts, olive oil, and high-fiber fruits. These are the foods you want to eat more of so that they can help clean out any of the bad cholesterol.

### Weekly Challenge:

Try a recipe that uses foods with a higher amount of HDL.



*Photo courtesy of saga.co.uk*

*mayoclinic.org*

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## Cholesterol Education

### How can I improve my cholesterol levels with my lifestyle?

Engaging in adequate amounts of physical activity can help improve cholesterol levels. For adults over 65, the CDC generally recommends engaging in 150 minutes of moderate-intensity activity and two days of muscle-strengthening activity per week.

#### **Weekly Challenge:**

Try to meet the CDC physical activity recommendations this week.



*Pixabay.com*

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Chloe Kom

## Cholesterol Education

### What foods may promote “good” HDL cholesterol?

- ◆ Avocados
- ◆ Olive oil
- ◆ Whole fruits and vegetables
- ◆ Nuts
- ◆ Whole grains
- ◆ Fiber-rich foods

#### **Weekly Challenge:**

Incorporate 3 foods promoting “good” cholesterol into your diet.



*Pixabay.com*

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## Cholesterol Education

### What foods may be high in “bad” LDL cholesterol?

- Steak, organ meats, shellfish
- Cheese
- Eggs
- Processed and sweet bakery items
- Full-fat dairy products



Enjoy these items in moderation!

#### **Weekly Challenge:**

Be mindful of your portion sizes for items high in cholesterol.

*Pexels.com*

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### Cholesterol: What is it?

There are two types of cholesterol: low density lipoprotein cholesterol (LDL) and high density lipoprotein (HDL). LDL cholesterol is known as “bad” cholesterol, because it promotes the buildup of fat in the arteries leading to atherosclerosis. The buildup of fat in the arteries increases the risk for heart attack, stroke, and peripheral artery disease. HDL cholesterol is commonly known as the “good” cholesterol, because a healthy amount may protect against heart attack and stroke. HDL can carry LDL cholesterol away from the arteries and back to the liver. In the liver, LDL is broken down and moved out of the body. However, only 1/3 to 1/4 of blood cholesterol is

Photo courtesy of Pixabay.com



#### **Weekly Challenge:**

Learn how to incorporate “good” cholesterol into your diet!

### High Cholesterol: Prevention and Treatment

The best way to reduce cholesterol levels is by decreasing the consumption of saturated fat and trans fat. The American Heart Association recommends limiting saturated fat to less than 6% of daily calories and restricting the amount of trans fat eaten.

A heart-healthy diet emphasizes the consumption of fruits, vegetables, whole grains, fish, and nuts. It is important to limit red meat, sodium rich, and sugar-sweetened foods and beverages.



Photo courtesy of Pixabay.com

#### **Weekly Challenge:**

Develop a heart-healthy eating plan to manage your blood cholesterol levels!

**Learn more at**

**<https://www.heart.org>**

### High Cholesterol: Causes and Risks

#### **Unhealthy Lifestyle**

The body naturally produces all the LDL cholesterol it needs. Thus, an unhealthy lifestyle contributes to an increased amount of LDL cholesterol; which is the leading cause of high cholesterol for a majority of people.



Photo courtesy of Pixabay.com

#### **Unhealthy behaviors:**

- Poor diet
- Little physical activity
- Smoking or exposure to tobacco smoke
- Obesity

**Heredity:** Some individuals inherit genes from their family causing too much cholesterol production. This is called familial hypercholesterolemia (FH).

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Emma Jones 9-22

#### **Weekly Challenge:**

Enjoy a physical activity for 20 minutes 3-5 times this week!

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## Cholesterol Education

### Cholesterol Facts

- \* You cannot live without cholesterol
- \* Even children can have high cholesterol
- \* Raising your heart rate and sweating can raise your good cholesterol levels
- \* High cholesterol could be genetic



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## Cholesterol Education

### Ways to decrease bad cholesterol

- Eat heart-healthy foods
- Increase physical activity
- Drink alcohol in moderation
- Quit smoking

#### Weekly Challenge:

Increase physical activity this week by 30 minutes.



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## Cholesterol Education

### What are heart-healthy foods?

Heart-healthy foods are the best way to defend against heart disease. This is done by reducing the intake of saturated and trans fats while increasing omega-3 fatty acid consumption, soluble fiber, fruits, vegetables, low-fat dairy, whole grains, etc. into one's diet.

#### Weekly Challenge:

Incorporate at least one more heart-healthy food in this week's meals.



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