

Cardiovascular Institute of Michigan, P.C.

“The Good and Bad of Cholesterol”

Total Cholesterol

- Desirable range for adults is < 200 mg/dl.
- Cholesterol looks like candle wax.
- Comes from both your liver and the foods you eat.
- Although your body needs some cholesterol in order to function normally, too much cholesterol tends to lead to blocked arteries.

To Lower Total Cholesterol

- Attain desirable weight.
- Eat less fat of all kinds.
- Eat less saturated fat. Saturated fat raises blood cholesterol more than anything else in the diet.
- Eat less cholesterol.
- Eat more soluble fiber.

HDL (High-Density-Lipoprotein)

- Referred to as “GOOD” cholesterol.
- Desirable range for adults is over 40 mg/dl.
- Under 40 mg/dl is considered a risk factor.
- Helps carry the “BAD” cholesterol away from the walls of the arteries and returns it to the blood stream which helps prevent buildup of cholesterol in artery walls.

To Raise HDL

- Include regular aerobic activity.
- Attain desirable weight
- Quit smoking.

LDL (Low-Density-Lipoprotein)

- Referred to as “BAD” cholesterol.
- Desirable range for adults with heart disease is under 100 mg/dl.
- Desirable range for adults with no heart disease is dependent on individual risk factors.
- Builds up in arteries and may block them.

To Lower LDL

- Eat less fat of all kinds.
- Eat less saturated fat.
- Eat more soluble fiber.
- Eat less cholesterol.
- Attain desirable body weight.

Triglycerides

- Desirable range for adults is <150 mg/dl.
- Fat in your blood (like motor oil).
- Carried through the bloodstream to the tissues. Much of the body’s fat is stored in the form of triglycerides for later use as energy.
- When levels are too high, may cause damage to arteries where cholesterol can then build up.

To Lower Triglycerides

- Drink little or no alcohol.
- Eat less fat of all kinds.
- Lose weight.
- Eat 10 oz. of fish each week.
- Limit excessive concentrated sweets.
- Engage in physical activity on a regular basis.