

Managing Cholesterol Levels

	Total Cholesterol	Triglycerides	HDL (“Happy”) Cholesterol	LDL (“Lousy”) Cholesterol
Goal (mg/dL)	Less than 170	Less than 75 (ages 0-10) Less than 90 (ages 10-19)	More than 45	Less than 110
Your levels:				
	<p>A high blood cholesterol level increases your risk of heart disease.</p> <p>Cholesterol is needed for all parts of the body, including the brain, muscles, organs, skin and skeleton.</p> <p>Your body makes its own cholesterol and uses the cholesterol from foods you eat. Cholesterol is found only in animal foods, not in plant foods.</p> <p>Total cholesterol is affected by:</p> <ul style="list-style-type: none"> • The amount of cholesterol made by your body • The amount of saturated fat, fiber and total calories in your diet • Your family background 	<p>A high triglyceride level increases your risk of heart disease.</p> <p>Triglycerides are fats from food. The body can also make triglycerides from extra sugar and calories in the diet.</p> <p>To help lower triglycerides:</p> <ul style="list-style-type: none"> • Lose weight (if needed) • Be physically active daily • Avoid sweet drinks <ul style="list-style-type: none"> ○ Soda, juice, kool-aid, sweetened tea or coffee • Limit starchy foods at meals <ul style="list-style-type: none"> ○ Bread, rice, pasta, potatoes, corn • Enjoy small servings of sweet treats and desserts • Eat 3-4 smaller meals and snacks rather than 1-2 large meals per day 	<p>A low HDL level increases your risk for heart disease.</p> <p>HDL cholesterol helps clear out your arteries. It is good to have high HDL cholesterol.</p> <p>To help raise HDL:</p> <ul style="list-style-type: none"> • Lose weight (if needed) • Be physically active daily <ul style="list-style-type: none"> ○ Choose exercise you enjoy to make it easier to reach goal of 60 minutes per day • Eat unsaturated fats daily <ul style="list-style-type: none"> ○ Snack on a handful of nuts or a serving of peanut butter ○ Cook with olive oil or canola oil • Eat fish 1-2 times per week (salmon, sardines, tuna) Sea bass 	<p>A high LDL level increases your risk of heart disease.</p> <p>LDL cholesterol can clog your arteries. This is why LDL is often called bad cholesterol.</p> <p>To help lower LDL:</p> <ul style="list-style-type: none"> • Eat <i>less</i> saturated fat <ul style="list-style-type: none"> ○ High fat dairy products ○ Fatty meats ○ Deep-fried foods • Eat <i>more</i> fiber <ul style="list-style-type: none"> ○ Whole grain breads ○ Whole grain cereals ○ Oatmeal ○ Fruits and vegetables ○ Beans and peas <p>Unsaturated fats found in nuts, olive oil and canola oil do not raise your LDL level.</p>

Your doctor may recommend different levels of total cholesterol, triglycerides, HDL and LDL than the goals listed above.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person’s health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 9/2017 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#521