

## Managing Cholesterol Levels

<p><b>Total Cholesterol</b></p> <p><b>Goal:</b></p> <ul style="list-style-type: none"> <li>• Less than 170</li> </ul>	<p><b>A high blood cholesterol level increases your risk of heart disease.</b> 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><b>Total cholesterol is affected by:</b></p> <ul style="list-style-type: none"> <li>• The amount of cholesterol made by your body</li> <li>• The amount of saturated fat, fiber and total calories in your diet</li> <li>• Your family background</li> </ul>
<p><b>Triglycerides</b></p> <p><b>Goal:</b></p> <ul style="list-style-type: none"> <li>• Less than 75 (ages 0-10)</li> <li>• Less than 90 (ages 10-19)</li> </ul>	<p><b>A high triglyceride level increases your risk of heart disease.</b> Triglycerides are fats from food. The body can also make triglycerides from extra sugar and calories in the diet.</p>	<p><b>To help lower triglycerides:</b></p> <ul style="list-style-type: none"> <li>• Avoid sweet drinks</li> <li>• Soda, juice, kool-aid, sweetened tea or coffee, chocolate milk</li> <li>• Maintain a healthy weight</li> <li>• Be physically active daily</li> <li>• Limit starchy foods at meals, such as bread, rice, pasta, potatoes, corn</li> <li>• Enjoy small servings of sweet treats and desserts</li> </ul>
<p><b>HDL (“Happy”) Cholesterol</b></p> <p><b>Goal:</b></p> <ul style="list-style-type: none"> <li>• More than 45</li> </ul>	<p><b>A low HDL level increases your risk for heart disease.</b> HDL cholesterol helps clear out your arteries. It is good to have high HDL cholesterol.</p>	<p><b>To help raise HDL:</b></p> <ul style="list-style-type: none"> <li>• Maintain a healthy weight</li> <li>• Be physically active daily. Choose exercise you enjoy to make it easier to reach goal of 60 minutes per day.</li> <li>• Eat unsaturated fats daily. Snack on a handful of nuts or a serving of peanut butter. Cook with olive oil or canola oil.</li> <li>• Eat fish 1-2 times per week (salmon, sardines, tuna, sea bass)</li> </ul>

<p><b>LDL (“Lousy”) Cholesterol</b></p> <p><b>Goal:</b></p> <ul style="list-style-type: none"> <li>• Less than 110</li> </ul>	<p><b>A high LDL level increases your risk of heart disease.</b> LDL cholesterol can clog your arteries. This is why LDL is often called bad cholesterol.</p>	<p><b>To help lower LDL:</b></p> <ul style="list-style-type: none"> <li>• Eat <i>less</i> saturated fat <ul style="list-style-type: none"> <li>○ High fat dairy products</li> <li>○ Fatty meats</li> <li>○ Deep-fried foods</li> <li>○ Coconut oil</li> </ul> </li> <li>• Eat <i>more</i> fiber <ul style="list-style-type: none"> <li>○ Whole grain breads</li> <li>○ Whole grain cereals</li> <li>○ Oatmeal</li> <li>○ Fruits and vegetables</li> <li>○ Beans and peas</li> </ul> </li> </ul> <p>Unsaturated fats found in nuts, olive oil and canola oil do not raise your LDL level.</p>
<p><b>Insulin</b></p> <p><b>Goal:</b></p> <ul style="list-style-type: none"> <li>• Less than 20</li> </ul>	<p>Insulin helps the body use sugar for energy. It also helps the body store extra sugar in muscle, fat, and liver cells. If insulin levels are high, this means that your body isn't able to use the insulin that it's making. This is usually due to taking in too much sugar in your diet. If this doesn't improve, you could develop diabetes.</p>	<p><b>To lower insulin, A1C, AST, and ALT:</b></p> <ul style="list-style-type: none"> <li>• Check food labels for sugar. Kids should not have more than 25 grams of sugar per day. This adds up quickly!</li> <li>• Eat whole grains.</li> <li>• Eat more fruits and vegetables.</li> <li>• Cut out any sweetened drinks.</li> <li>• Be active every day.</li> <li>• Maintain a healthy weight.</li> </ul>
<p><b>A1C</b></p> <p><b>Goal:</b></p> <ul style="list-style-type: none"> <li>• 4.0 - 5.6%</li> </ul>	<p>The A1C (or hemoglobin A1C) test shows the average amount of sugar in your blood over the last few months.</p>	
<p><b>AST, ALT</b></p> <p><b>Goal:</b></p> <ul style="list-style-type: none"> <li>• AST (&lt; 59)</li> <li>• ALT (&lt; 49)</li> </ul>	<p><b>AST and ALT</b> are liver enzymes. They show if there is damage to your liver. If these levels are high, it is often due too much fat that is stored in the liver. This is called NAFLD (non-alcoholic fatty liver disease). The most common causes of NAFLD are: obesity, diabetes and pre-diabetes, high cholesterol.</p>	

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 © 4/2021 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#521