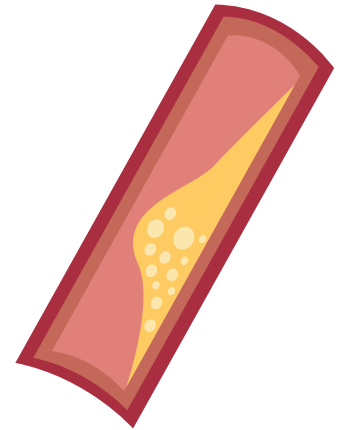


What is CHOLESTEROL?

▶ A **fat-like substance** in your blood. Too much can **clog your arteries and make a heart attack or stroke more likely.**




LDL "Bad" Cholesterol
 +
 
HDL "Good" Cholesterol
 +
TRIGLYCERIDES/5
 =
TOTAL CHOLESTEROL

What Causes HIGH CHOLESTEROL?



FOOD TIPS

- ✓ **HDL-RAISING:** Olive oil, avocados, walnuts
- ✓ **LDL AND TRIGLYCERIDE-LOWERING:** Oatmeal, apples, oranges, salmon, tofu
- ✗ **LDL-RAISING:** Egg yolks, fatty meats, shellfish, full-fat dairy, processed snacks
- ✗ **TRIGLYCERIDE-RAISING:** Excessive drinking, simple carbs/starches, sugars, animal products

What raises LDL can also raise Triglycerides.

What YOU CAN DO



Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

▶ For more information, visit CardioSmart.org/Cholesterol

If you would like to download or order additional posters on various topics, visit CardioSmart.org/Posters