

## CHOLESTEROL LEVELS

BLOOD FATS	LIFESTYLE CHANGES THAT MAY IMPROVE LEVELS
<p><b>LDL CHOLESTEROL</b></p> <p>('bad cholesterol' → builds up in the artery walls)</p>	<ul style="list-style-type: none"> <li>• decrease trans fat <sup>(1)</sup></li> <li>• decrease saturated fat <sup>(1)</sup></li> <li>• increase monounsaturated fats <sup>(2)</sup></li> <li>• increase soluble fibre <sup>(3)</sup></li> <li>• reduce excess waist measurement</li> <li>• eat at least 4 vegetable servings daily</li> <li>• be physically active for 60 minutes daily</li> <li>• increase plant-based foods (plant sterols)</li> </ul>
<p><b>HDL CHOLESTEROL</b></p> <p>('good cholesterol' → removes excess cholesterol from the blood)</p>	<ul style="list-style-type: none"> <li>• quit smoking</li> <li>• be physically active for 60 minutes daily</li> <li>• reduce excess waist measurement</li> <li>• decrease trans fat</li> <li>• increase monounsaturated fat &amp; omega-3 fat <sup>(4)</sup></li> <li>• limit alcohol intake</li> <li>• increase plant-based foods</li> <li>• increase fibre</li> </ul>
<p><b>TRIGLYCERIDES</b></p> <p>(thickens the blood and increases clotting)</p>	<ul style="list-style-type: none"> <li>• decrease total fat intake</li> <li>• increase fish sources of omega-3 fat</li> <li>• reduce excess waist measurement</li> <li>• decrease or avoid alcohol</li> <li>• eat at least 3 meals plus snacks per day</li> <li>• be physically active for 60 minutes daily</li> <li>• decrease intake of sugars and refined carbohydrates</li> <li>• keep blood sugars well controlled (<i>with prediabetes and diabetes</i>)</li> </ul>

<sup>(1)</sup> *trans fat sources* – partially hydrogenated vegetable oil and shortening, deep fried foods, fast foods, certain packaged foods (cookies, potato chips, commercial baked goods, candy bars, convenience foods)

*saturated fat sources* – meat, poultry skin, high-fat dairy products, butter, lard, hydrogenated oils, palm kern oil

<sup>(2)</sup> *monounsaturated fat sources* – fish and seafood, oils (olive, canola, peanut, sesame), nuts (almonds, cashews, pecan, pistachios and their butters), olive, avocado, sesame seeds

<sup>(3)</sup> *soluble fibre sources* – oats, barley, apples, oranges, Brussels sprouts, squash, beans, legumes, ground flaxseed, nuts, psyllium

<sup>(4)</sup> *omega-3 fat sources* – seafood and fish (especially fatty fish such as mackerel, sardines, salmon, herring, trout), omega-3 fortified eggs, wild game (grass-fed), oils (canola, flax, hemp seed), nuts & seeds (walnuts, pumpkin seeds, ground flaxseed), soybean products