

# NUTRITION AND CHOLESTEROL

**Think of your body like a garden:**  
*given the right conditions, it will flourish*

## TOTAL CHOLESTEROL:

- A waxy substance produced by the liver and needed for cell formation and hormone function. It does not dissolve in the bloodstream and can build up in the arteries.
- Ideal Level: <200mg/dl
- High levels increase the risk of heart attack or stroke
- Lower cholesterol by eating more beans and less beef! Substituting plant protein in place of animal protein can help lower cholesterol levels

## LDL CHOLESTEROL:

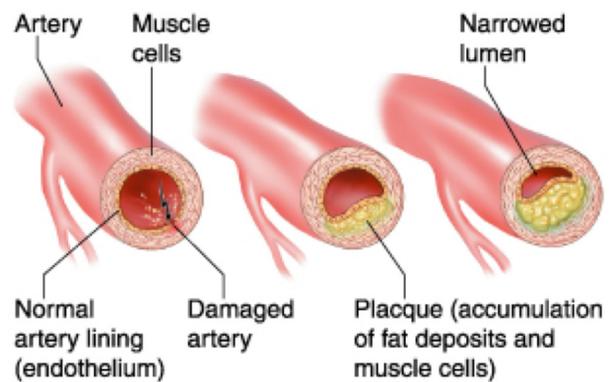
- “Bad” Cholesterol deposits cholesterol in blood vessels.
- Ideal Level: <100mg/dl
- High levels increase the risk for heart attack or stroke.
- Lower LDL cholesterol by eating whole grains and high fiber.

## HDL CHOLESTEROL:

- “Good” cholesterol that cleans up deposited cholesterol to be broken down by the liver.
- Ideal Level: >60mg/dl
- Lower levels increase the risk for heart attack or stroke.
- Increase HDL levels with exercise.

## TRIGLYCERIDES:

- A measure of stored fat the body uses for energy.
- Ideal Level: <150 mg/dl
- High levels can increase heart disease risk
- Decrease triglycerides by eating foods containing heart healthy fats such as Omega-3 such as walnuts, flax, chia or hemp seeds



## NUTRITION:

- **Plant Food:**  
Plants do NOT contain cholesterol; cholesterol only comes from animal sources.  
Vegetables are full of cholesterol lowering antioxidants.
- **Soluble Fiber:**  
Soluble fiber helps in lowering total cholesterol and LDL levels.  
“High fiber” foods must contain 5 grams of fiber or more per serving.  
Oats, dried beans (legumes), peas, barley, citrus fruits, and apples.
- **Monounsaturated Fat:**  
Olive oil, Canola oil, Avocados, and Walnuts lowers LDL
- **Omega-3 Fats:**  
Helps lower triglycerides.  
All fish, especially fatty fish, such as salmon and mackerel.  
Plant sources such as walnuts, canola, and flaxseed oils.

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