



American Heart Association.

Healthy for Good™

Life's Essential



# HOW TO CONTROL CHOLESTEROL



## UNDERSTAND CHOLESTEROL

Cholesterol is a fat-like substance that comes from two sources: **FOOD** and your **BODY**.

It is found in foods from animal sources only. It travels in the body by lipoproteins (LDL and HDL).



### HDL = GOOD

High-density lipoprotein is known as "good" cholesterol.



### LDL = BAD

Low-density lipoprotein is known as "bad" cholesterol.

HDL helps keep LDL from sticking to artery walls and reduces plaque buildup. This process can lower the risk of heart disease and stroke.

[heart.org/cholesterol](http://heart.org/cholesterol)

### TRIGLYCERIDES

The most common type of fat in the body.

### TOTAL CHOLESTEROL

HDL level + LDL level + 1/5th of triglyceride level = total cholesterol level.



## TRACK LEVELS



A health care professional can measure your blood cholesterol and help you understand what the levels mean in context of your overall heart health..



Track your cholesterol levels over time and take steps to reduce high cholesterol.

Check your heart disease risk with the [Check. Change. Control. Calculator.](#)

Learn more at [heart.org/lifes8](http://heart.org/lifes8)



## TIPS FOR SUCCESS



### EAT SMART

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins like fish and seafood.

Limit sugary foods and drinks, red or processed meats, salty foods, refined carbohydrates and highly processed foods.



### MOVE MORE

Physical activity helps improve cholesterol levels.



### KNOW YOUR FATS

The fats you eat can affect your cholesterol levels. Replace saturated fats with unsaturated fats.



### NO NICOTINE

Smoking lowers good HDL cholesterol. It also raises your risk of heart disease.



### TAKE MEDICATION AS DIRECTED

Your health care professional may prescribe statins or other medications to control your cholesterol levels.