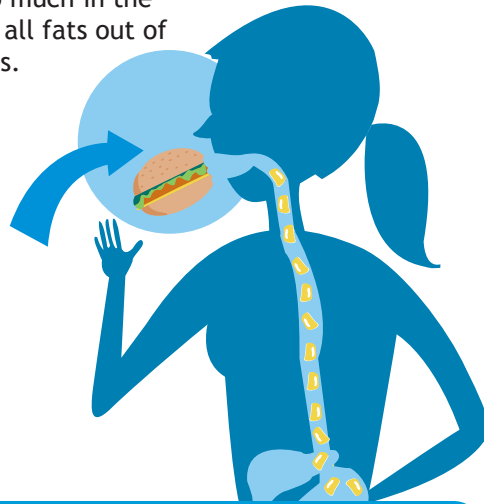


Cholesterol forms an essential part of a healthy diet but too much in the blood can lead to health problems. It's not necessary to cut all fats out of your diet. The trick is to replace the bad fats with good ones.

What is Cholesterol?



Cholesterol is a lipid (or fat) present in the bloodstream, tissues and cells. Made by the liver and ingested in a normal diet it is needed in the formation of cell membranes, some hormones and vitamin D. High levels of cholesterol in the blood lead to cholesterol being deposited on artery walls. This build up can cause heart attacks.



Lipoproteins

Cholesterol is carried around the body by lipoproteins.

There are 2 main types:
HDL (High density lipoproteins)
LDL (Low density lipoproteins)

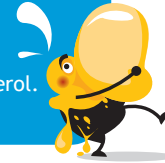
HDL (High density lipoproteins)

- Carry cholesterol back to the liver which processes it for excretion.
- Its presence decreases cholesterol deposits.
- HDL cholesterol is good cholesterol.



LDL (Low density lipoproteins)

- Carry cholesterol from the liver to the rest of the body. When there is too much cholesterol in the blood it gets deposited on the artery walls.
- LDL cholesterol is bad cholesterol.



Stay Healthy

- 1 Minimise intake of saturated and trans-fats by **checking food labels**.
- 2 Trim **visible fat** and skin from meat.
- 3 Use skim or **2%** milk products.
- 4 Minimize commercially prepared food.
- 5 Avoid cooking oils high in saturated or trans-fats. Rather use olive or canola oil.

Good Fats

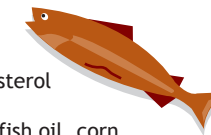
Monounsaturated Fats

- Lower total blood cholesterol
- Raise HDL cholesterol
- Found in nuts, canola oil, olive oil



Polyunsaturated Fats

- Lower total cholesterol
- Lower LDL
- Found in salmon, fish oil, corn, safflower



Bad Fats

Saturated Fats

- Raise total blood cholesterol.
- Raise LDL cholesterol
- Found in animal products
- Found in meat, dairy, eggs, coconut & palm kernel oil



Trans-Fats/ Trans-Fatty Acids

- Raise total LDL
- Lower HDL
- Found in fast food and commercially prepared and processed foods.

