

Cholesterol

What is Cholesterol?

Cholesterol is a waxy, fat-like substance that is found in all cells of the body. Your body needs some cholesterol to make hormones, vitamin D, and substances that help you digest foods. Your body makes all the cholesterol it needs. However, cholesterol is also found in some of the foods that you eat.

Is My Cholesterol Too High?

High Blood Cholesterol is a condition in which you have too much cholesterol in your blood. Usually your body doesn't show signs or symptoms that your cholesterol numbers are elevated, that's why it's important to have your blood tested annually. People with high cholesterol are at a greater risk of developing coronary artery disease-- a condition that causes plaque build up in the arteries which can lead to a lack of oxygen, heart attack, or stroke.



**HIGH --
240 and Up**
**Borderline High --
200-239**
**Desirable --
Less Than 200**

How Can I Clean Up My Diet?

- Add real fruits & vegetables to every meal
 - No Fast Food
- No white breads & grains. Switch to whole wheat bread, pasta, and brown rice.
 - No more soda or sugary drinks
- Make a fruit or vegetable be the base of every snack

Triglycerides

Triglyceride levels

Classification	Triglyceride level*
Normal	Less than 150
Borderline high	150-199
High	200-499
Very high	500 or higher

*Values in milligrams per deciliter (mg/dL)

How to Cut Your Triglycerides!

1. High Triglycerides allow your liver to make more VLDL (very low density lipoprotein). Not Good!
2. VLDL makes your LDL (bad) cholesterol smaller. Smaller the LDL size, the nastier they are. Not good at all!
3. Small LDL is the beast that causes plaque formation in your artery wall.



The Triglyceride Diet

What to avoid: What's OK to eat:

- sodas
- juices
- grains
- breads
- pasta
- cereals
- flour (baked goods)
- bagels
- cookies
- desserts
- candy
- potatoes
- tortillas
- vegetables (steamed or sautéed in olive oil)
- meats (preferably grass-fed and pastured)
- seafood
- eggs
- fruits
- nuts
- generous amounts of olive oil
- dark chocolate
- cheese
- coconut oil