

What are Cholesterol and Triglycerides?

What is cholesterol?

Cholesterol is a soft, waxy, fat-like substance found in the body. Your body uses cholesterol to build cells and make certain hormones and vitamins. It comes from two sources:

- Blood cholesterol is produced by the liver.
- Dietary cholesterol comes from the foods you eat, primarily animal products.

What are the different types of cholesterol?

- High-density lipoproteins, or HDL, is the GOOD kind of cholesterol. They absorb extra cholesterol in the blood and carry it back to the liver. The liver then flushes it from the body.
- Low-density lipoproteins, or LDL, is the BAD cholesterol. It's bad because too much leads to a buildup of fat in the arteries



What are triglycerides?

A type of fat found in the body. Triglycerides store unused calories and provide your body with energy between meals.

How do I check my cholesterol and triglycerides?

Your health care provider will order a blood test called a lipid profile. The test only takes a small sample of blood from your finger or arm. Adults should have their cholesterol checked at least every 5 years.

What are healthy cholesterol and triglyceride levels?

LDL Cholesterol - healthy ranges depend on your risk factors:

- Less than 130 for those with no risk factors
- Less than 100 for those with risk factors
- Less than 70 for those with diabetes
- Less than 55 for those with a history of heart disease

HDL Cholesterol:

- Female: 50 or more
- Male: 40 or more

Total cholesterol: Less than 200

Fasting Triglycerides: Less than 150



For more information on cholesterol go to <https://www.heart.org/es/health-topics/chpolesterol> or this QR Code

What is High Cholesterol?

What is hyperlipidemia?

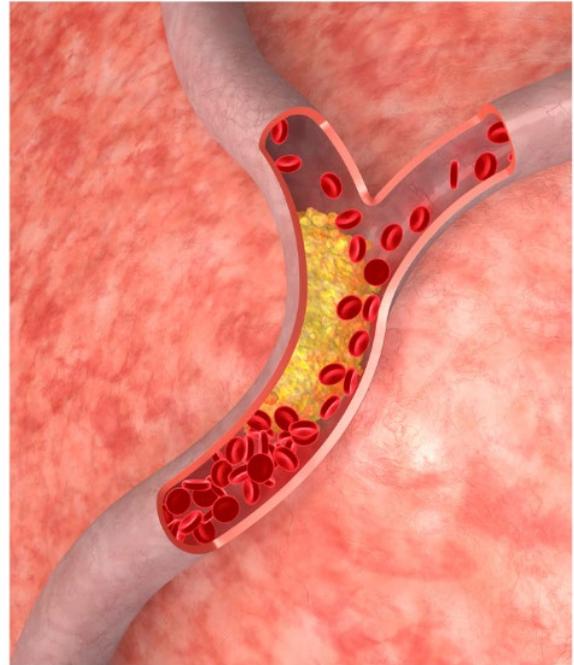
Hyperlipidemia, or high cholesterol, means you have too much cholesterol in your blood. This can create blockages in your arteries and damage organs that don't receive enough blood

What causes high cholesterol levels?

- Age
- Family history
- Gender (male)
- Diet
- Physical inactivity
- Overweight
- Smoking
- Drinking too much alcohol
- Stress

If not treated, high cholesterol increases your risk for:

- Heart disease
- Stroke
- Other disease



Facts about high cholesterol (hyperlipidemia)

- 86.4 million adults (35%) in the US have high cholesterol.
- Slightly more than half of US adults (54.5%, or 47 million people) who could benefit from cholesterol medicine are currently taking
- Most healthy adults should have their cholesterol checked every 4-6 years. People who have heart disease, diabetes, or a family history of high cholesterol need to get their cholesterol checked more often.

Ways to control cholesterol levels

- Eat a healthy diet
- Move more
- Avoid nicotine
- Manage weight
- Manage stress
- Take medication (for those with high cholesterol)

What are Dietary Fats?

What are fats?

Fats are a type of nutrient that you get from your diet. Fats are necessary because they are used by the body to:

- Store and provide energy
- Help carry vitamins A, D, E, and K throughout the body

What are the main types of fat?

- Unsaturated Fats: the healthy fats
 - Two kinds of unsaturated fats: monounsaturated and polyunsaturated
 - Mostly found in foods from plants.
 - Tend to be liquid at room temperature.
 - Eating unsaturated fats in moderation can help lower bad cholesterol levels.
- Saturated Fats: the “bad” fats
 - Mostly come from animal sources, including meat and dairy products, and tropical fats like coconut.
 - Tend to be solid at room temperature.
 - Eating foods with too much saturated fat can raise your LDL cholesterol level



Know your fats

Enjoy Healthy Fats in Moderation	Limit Unhealthy Fats
Monounsaturated / Polyunsaturated Fats	Saturated Fats
Fish Avocados Nuts (walnuts, almonds, pecans) Seeds (pumpkin, sesame seeds) Olive, canola and peanut oil Sunflower, corn, soybean, and flaxseed oils	Whole fat dairy products (milk, butter, cheese, cream, ice cream) Pizza Fatty meats (sausage, bacon, hamburgers) Tacos, burritos Fast food Cookies and pastries Coconut oil and palm oil

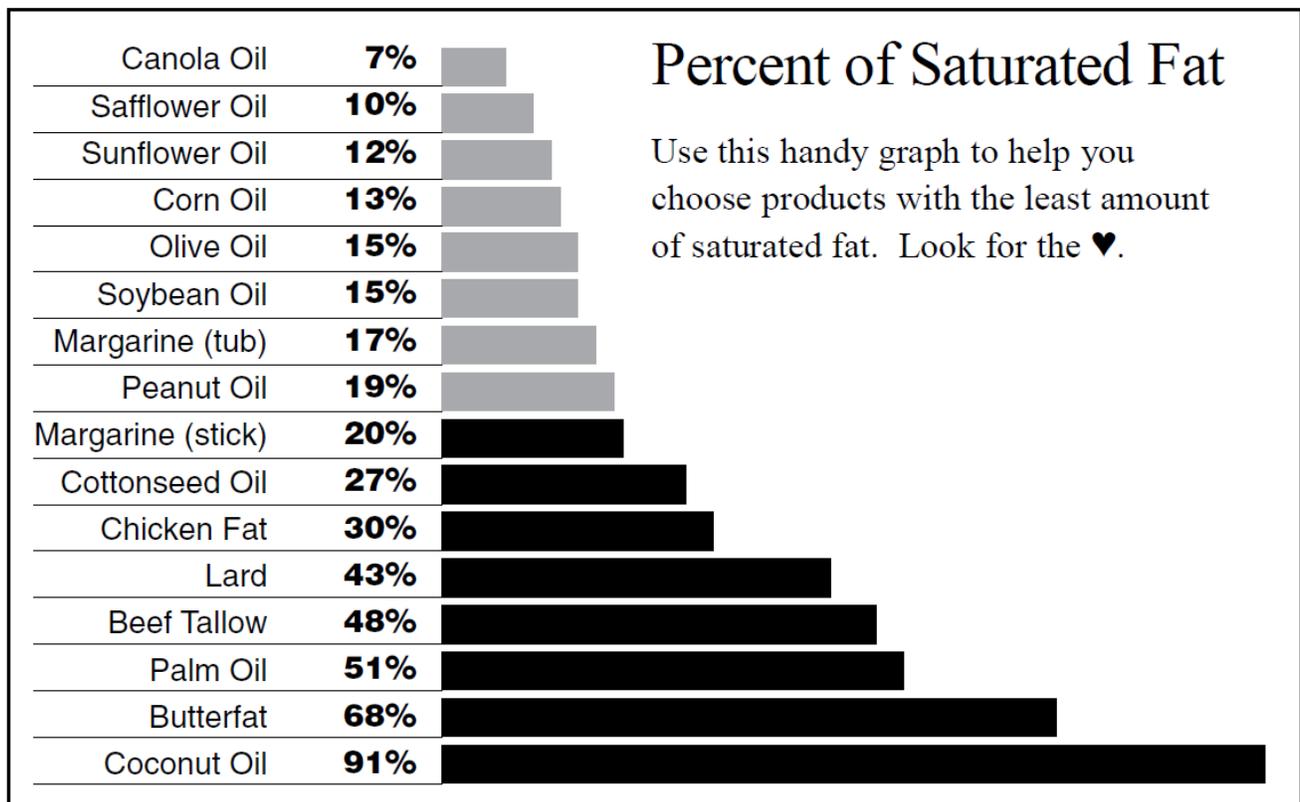
Foods with partially hydrogenated oils were largely banned in the U.S., some foods still contain small amounts of trans fats. To limit trans fats, avoid eating fast food, fried food and commercial baked goods, such as cookies, doughnuts and pastries.

Fats and Oils To Choose

When you do use fats and oils, choose those with less saturated fat.

Lower in Saturated Fat— Choose More Often	Higher in Saturated Fat— Choose Less Often
Canola, corn, olive, safflower, soybean, and sunflower oils	Butter
Tub margarine (especially light margarine)	Solid shortening
	Lard
	Fatback
	Stick margarine

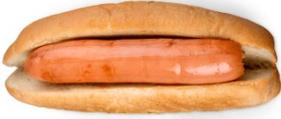
Read the Food Label To Choose Foods
Lower in Saturated Fat, Trans Fat, and Cholesterol!



Source: Adapted from the Canola Council of Canada. "Canola Oil Dietary Fat." (www.canola-council.org/PDF/dietarychart.pdf#zoom=100) July 19, 2007.

Guess the Fat Activity Sheet?

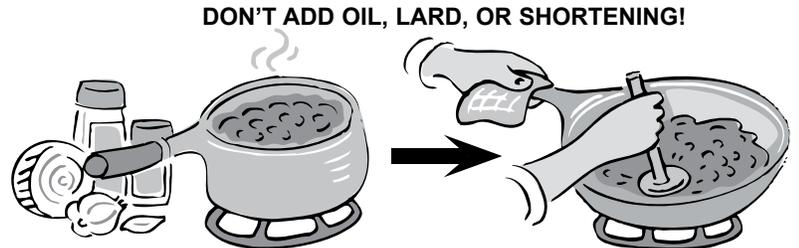
Try to guess the amount of fat (in teaspoons) that is found in each food.
Write your answers on the "My Guess" line.

	Food	Teaspoons of Fat	
		My Guess	True Amount
	2 ounces cheddar cheese	_____	_____
	2 tablespoons sour cream	_____	_____
	1 ounce (fried) tortilla chips (about 15 chips)	_____	_____
	1 beef hot dog	_____	_____
	1 cup beans (canned)	_____	_____
	1 orange	_____	_____

Cooking With Less Saturated Fat

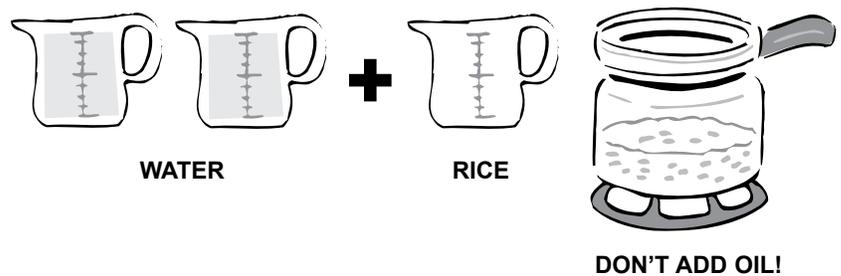
Beans

1. Cook beans in water until tender.
2. Season with onion, garlic, cumin, oregano, and, if you wish, $\frac{1}{4}$ teaspoon of salt.
3. To thicken beans, mash and saute in skillet with a little water (without adding lard or vegetable shortening).



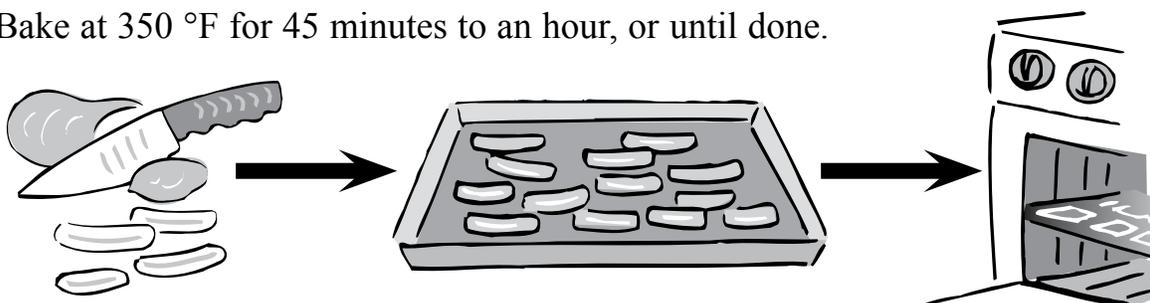
Boiled Rice

1. Bring 2 cups of water to a boil, and add 1 cup of rice.
2. Cover well, and cook over low heat for 20 minutes.



Oven-Fried Potatoes (or Yuca)

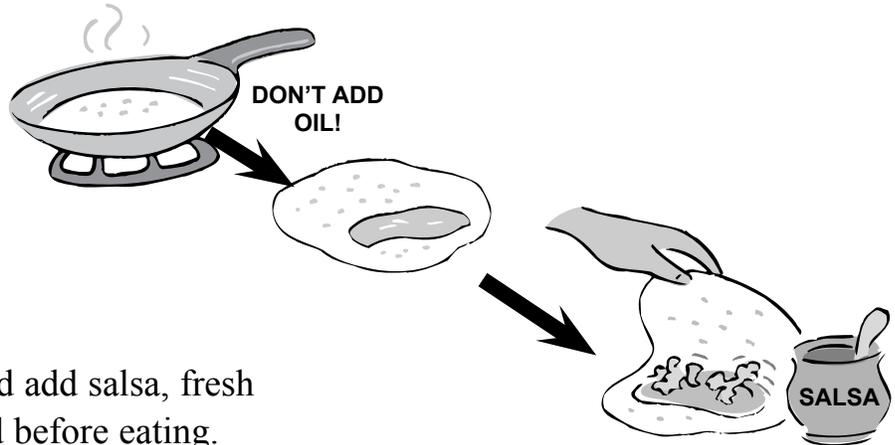
1. Boil yuca until tender. Peel yuca. If using potatoes, leave the skin on. Do not boil the potatoes.
2. Cut potatoes or yuca in the shape of thick french fries.
3. Arrange on a baking sheet that has been lightly sprayed with vegetable oil spray.
4. Bake at 350 °F for 45 minutes to an hour, or until done.



Cooking With Less Saturated Fat *(continued)*

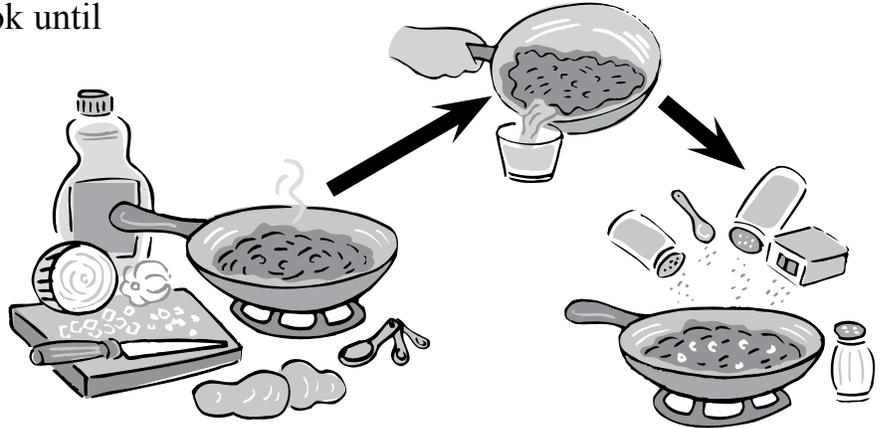
Mexican Quesadillas

1. For each quesadilla, place a corn tortilla on a dry griddle over medium heat. When soft, put a small slice of low-fat cheese on half of the tortilla, and fold. Heat until the cheese melts.
2. Remove from skillet, open, and add salsa, fresh tomatoes, and cilantro. Refold before eating.



Ground Beef With Potatoes

1. In a hot skillet, saute garlic and chopped onions in 1 teaspoon of vegetable oil. Add extra lean ground beef, and cook until brown. Pour off fat.
2. Dice unpeeled potatoes, and add to ground beef.
3. Season with a small amount of oregano, powdered cumin, black pepper, and, if you wish, $\frac{1}{4}$ teaspoon of salt.
4. Cook until potatoes are tender.



Fruit Shake

1. Cut your favorite fruit—such as bananas, oranges, mangos, or strawberries—into chunks.
2. Place in a blender, along with fat-free milk, vanilla, and ice.
3. Blend until smooth.



Chicken Stew Recipe

8 pieces	chicken, breasts or legs
1 cup	water
2 small	garlic cloves, minced
1 small	onion, chopped
1½ teaspoons	salt
½ teaspoon	ground black pepper
3 medium	tomatoes, chopped
1 teaspoon	parsley, chopped
¼ cup	celery, finely chopped
2 medium	potatoes, peeled and chopped
2 small	carrots, chopped
2	bay leaves

1. Remove the skin and any extra fat from the chicken, and throw it away. In a large skillet, combine chicken, water, garlic, onion, salt (as little as possible), pepper, tomatoes, and parsley. Tightly cover, and cook over low heat for 25 minutes.
2. Add celery, potatoes, carrots, and bay leaves, and continue to cook for 15 more minutes or until chicken and vegetables are tender. Remove bay leaves before serving.

Yield: 8 servings

Serving size: 1 piece of chicken

Each serving provides:

Calories: 206

Total fat: 6 g

Saturated fat: 2 g

Cholesterol: 75 mg

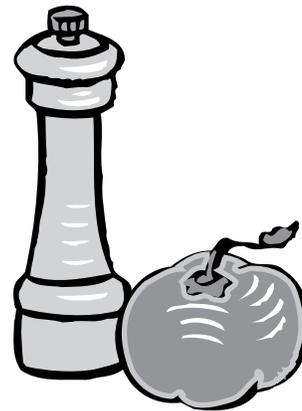
Sodium: 489 mg

Total fiber: 2 g

Protein: 28 g

Carbohydrates: 10 g

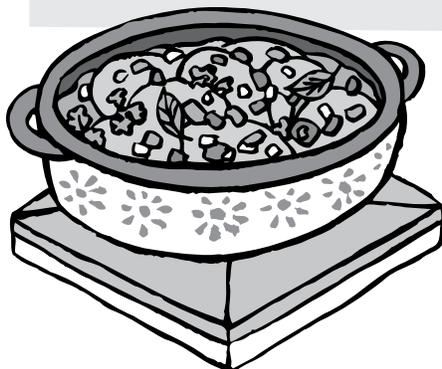
Potassium: 493 g



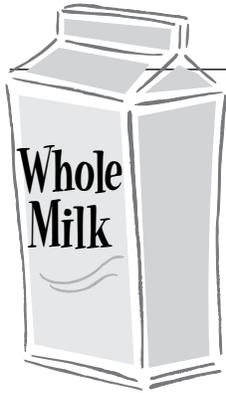
Quick Facts

This recipe is lower in saturated fat and cholesterol because:

- The dish is made with chicken without the skin, and extra fat is removed.
- No fat is added. The dish is flavored with vegetables and seasonings, and it is cooked slowly in water (moist heat) instead of fat.



Read the Food Label To Choose Foods Lower in Saturated Fat and *Trans* Fat



Food labels tell you what you need to know about choosing foods that are lower in saturated fat and *trans* fat. Here's a food label for a carton of whole milk. The label tells you:

Whole Milk

Amount Per Serving

The nutrient amounts are for one serving. So, if you have more than one serving, you need to add the corresponding nutrient amounts. For example, if you drink 2 cups of whole milk, you are drinking two servings. You would need to double the amount of calories, saturated fat and *trans* fat.

Nutrients

Here are the amounts of saturated fat and *trans* fat in one serving.

Nutrition Facts	
Serving Size 1 cup (fl. oz)	
Servings Per Container 8	
Amount Per Serving	
Calories	150
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
<i>Trans</i> Fat 0g	
Cholesterol 35mg	12%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	

Serving Size and Number of Servings

The serving size is 8 fluid ounces (1 cup). There are eight servings in this carton.

Percent Daily Value

The Percent Daily Value helps you compare products. Choose products with the lowest Percent Daily Value for saturated fat. If you have high blood cholesterol, you should eat less saturated fat and *trans* fat.

The Choice Is Yours—Compare!

Which one would you choose?

Except for calories and saturated fat, fat-free milk has all the nutrients of whole milk, including the calcium. That makes fat-free milk a better choice! Read food labels, and choose products to keep your heart strong.

Calories 150	
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
<i>Trans</i> Fat 0g	
Cholesterol 35mg	12%
Sodium 125mg	5%

Whole Milk

One cup of whole milk has 25 percent of the Daily Value of saturated fat. This is one-fourth of the total amount of saturated fat that you should have in 1 day. This is too much!

Calories 90	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 125mg	5%

Fat-Free Milk

One cup of fat-free milk has no saturated fat. You can learn a lot from a food label.

* **Percent Daily Values** are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Virginia's Breakfast Choices



Virginia has little time in the morning to prepare breakfast. She often has a cinnamon roll or a doughnut.

Look at the food labels. Help Virginia select some breakfast foods that are lower in saturated fat than her usual choices.

Which should she choose? Write the number of your choice for each pair in the space between the labels.

1 – Cinnamon Roll

Nutrition Facts	
Serving Size 1 roll (85g)	
Servings Per Container 15	
Amount Per Serving	
Calories 320	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 3.5g	18%
Trans Fat 1.5g	
Cholesterol 50mg	17%
Sodium 280mg	12%
Total Carbohydrate 44g	15%
Dietary Fiber 2g	8%
Sugars 19g	
Protein 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 4%

2 – Plain Bagel

Nutrition Facts	
Serving Size 1 bagel (75g)	
Servings Per Container 6	
Amount Per Serving	
Calories 210	Calories from Fat 5
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 390mg	16%
Total Carbohydrate 43g	14%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 8g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 15%

Lower saturated fat choice

3 – Doughnut

Nutrition Facts	
Serving Size 1 doughnut (54g)	
Servings Per Container 5	
Amount Per Serving	
Calories 290	Calories from Fat 170
% Daily Value*	
Total Fat 19g	29%
Saturated Fat 6g	30%
Trans Fat 2g	
Cholesterol 10mg	3%
Sodium 240mg	10%
Total Carbohydrate 27g	9%
Dietary Fiber 1g	0%
Sugars 15g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 8%

4 – English Muffin

Nutrition Facts	
Serving Size 1 muffin (57g)	
Servings Per Container 6	
Amount Per Serving	
Calories 130	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 25g	8%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 15%	Iron 8%

Lower saturated fat choice

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Virginia's Breakfast Choices *(continued)*

5 – Fruit Danish

Nutrition Facts	
Serving Size 1/8 package (57g)	
Servings Per Container 8	
Amount Per Serving	
Calories 160	Calories from Fat 7
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 1g	
Cholesterol 5mg	2%
Sodium 210mg	9%
Total Carbohydrate 24g	8%
Dietary Fiber 0g	0%
Sugars 13g	
Protein 2g	
Vitamin A 0%	• Vitamin C 4%
Calcium 10%	• Iron 2%

Lower saturated fat choice

6 – Banana

Nutrition Facts	
Serving Size 1 medium (126g)	
Servings 1	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 29g	10%
Dietary Fiber 1g	4%
Sugars 21g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%

7 – Butter

Nutrition Facts	
Serving Size 1 Tbsp (14g)	
Servings Per Container 32	
Amount Per Serving	
Calories 100	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 85mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 8%	• Vitamin C 0%
Calcium 0%	• Iron 0%

Lower saturated fat choice

8 – Light Margarine (Soft Tub)

Nutrition Facts	
Serving Size 1 Tbsp (14g)	
Servings Per Container 80	
Amount Per Serving	
Calories 50	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 10%	• Vitamin C 0%
Calcium 0%	• Vitamin E 8% • Iron 0%

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Virginia's Breakfast Choices *(continued)*

9 – Chorizo

Nutrition Facts	
Serving Size 1 link (60g)	
Servings Per Container 5	
Amount Per Serving	
Calories 270	Calories from Fat 210
% Daily Value*	
Total Fat 23g	35%
Saturated Fat 9g	45%
<i>Trans</i> Fat 0g	
Cholesterol 53mg	18%
Sodium 740mg	31%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 15g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 5%

Lower saturated fat choice

10 – Lean Pork

Nutrition Facts	
Serving Size 2 oz	
Servings Per Container 5	
Amount Per Serving	
Calories 100	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 45mg	15%
Sodium 32mg	1%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 16g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 5%

11 – Refried Beans

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Container 3.5	
Amount Per Serving	
Calories 200	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 760mg	32%
Total Carbohydrate 20g	7%
Dietary Fiber 10g	0%
Sugars 1g	
Protein 6g	
Vitamin A 0%	• Vitamin C 2%
Calcium 6%	• Iron 10%

Lower saturated fat choice

12 – Cooked Beans

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Container 3	
Amount Per Serving	
Calories 90	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 460mg	19%
Total Carbohydrate 19g	6%
Dietary Fiber 6g	24%
Sugars 1g	
Protein 7g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 10%

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Virginia's Breakfast Choices *(continued)*

13 – Low-fat Cheddar Cheese

Nutrition Facts	
Serving Size 1 oz	
Servings Per Container 8	
Amount Per Serving	
Calories 50	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 8g	
Vitamin A 4%	• Vitamin C 0%
Calcium 10%	• Iron 0%

Lower saturated fat choice

14 – Regular Cheddar Cheese

Nutrition Facts	
Serving Size 1 oz	
Servings Per Container 7	
Amount Per Serving	
Calories 120	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 180mg	8%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 6g	
Vitamin A 6%	• Vitamin C 0%
Calcium 20%	• Iron 0%

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Weekly Promise - Week 8

This week, think about ways to manage cholesterol levels.

- Are there habits that might be leading to higher cholesterol levels?
- Are you ready to make a change or shift to any eating habits or physical activity habits?

Tips:

- Small changes are easier to make than big ones.
- It may be easier to focus on adding healthy food (like a fruit, vegetable or water) to your routine vs. taking foods away when you are just getting started.

