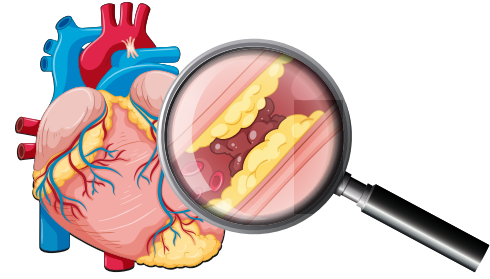


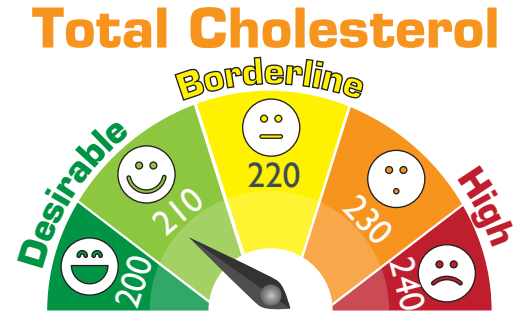
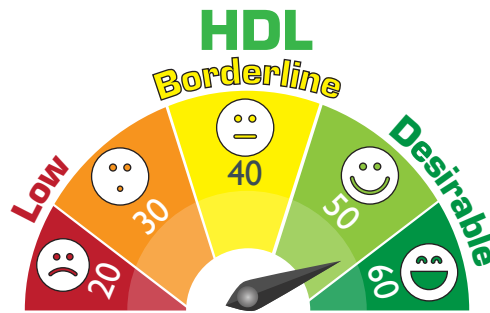
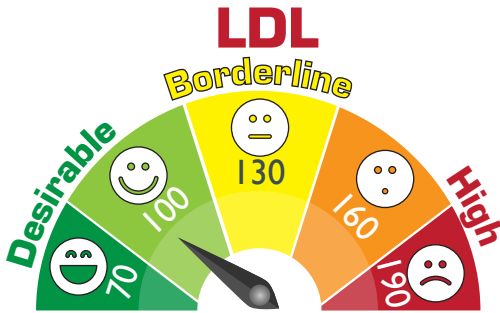
# Cholesterol Facts

Cholesterol is a fat that is found naturally in the body and in animal products. It is normal to have cholesterol in the body, but too much can clog the blood vessels. This may lead to stroke or heart attack



**LDL** **“Bad” Cholesterol** + **HDL** **“Good” Cholesterol** + **Triglycerides/5** = **Total Cholesterol**

## What Should My Cholesterol Level Be?



## What Causes HIGH CHOLESTEROL?



Being Inactive



Poor Diet

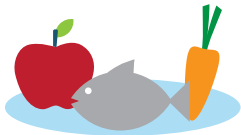


Being Overweight



Family History

## What YOU CAN DO



Eat a **Heart-Healthy** Diet



Get **Regular Exercise**  
Aim for 150 minutes per week.



Limit **Added Sugar**



**DON'T** Smoke!



Take **Medication** If needed



**Lose** Weight

# What is a Healthy Diet?

	<b>BEST</b>	<b>BETTER</b>	<b>WORST</b>
<b>Meat</b>	Chicken Turkey Duck	Beef Pork Chop Venison	Bacon Hotdogs Chicken Nuggets
<b>Seafood</b>	Salmon, Tuna, Trout, Catfish, Bass, Tilapia,	Canned Fish Crab	Fried Shrimp Breaded Fish Filet or Fish Sticks
<b>Other Proteins</b>	Egg Whites Beans Nuts	Whole Egg Peanut Butter Soy Milk	Protein Bar Lunch Meat
<b>Dairy</b>	Skim Milk Low-fat Yogurt Mozzarella Cheese	2% Milk Cottage Cheese Parmesan Cheese	Whole Milk Ice Cream American Cheese
<b>Fiber</b>	Fruits and Vegetables Oatmeal	Raisins Whole Grain Bread or Cereal	Sugary Cereal White Bread Pasta
<b>Fats and Oils (in moderation)</b>	Olive Oil Avocado Fish Oil	Canola Oil Light Salad Dressing Butter	Margarine Coconut Oil Fried Foods

## Nutrition Facts

4 servings per container  
**Serving size 1 cup (227g)**

Amount per serving  
**Calories 280**

	% Daily Value*
<b>Total Fat</b> 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
<b>Cholesterol</b> 35mg	12%
<b>Sodium</b> 850mg	37%
<b>Total Carbohydrate</b> 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein</b> 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Know Your Labels

**Serving Size**  
 Pay attention to the serving size and the number of servings per package.

**Calories Count**  
 Look at the amount of calories. Most adults need an average of 2000 per day.

**Cholesterol**  
 It is recommended that we get 300 mg. or less per day.

**% Daily Value**  
 5% or less is **low**, 20% or more is **high**

## My Action Plan

What is my cholesterol today?

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\_\_\_\_\_

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