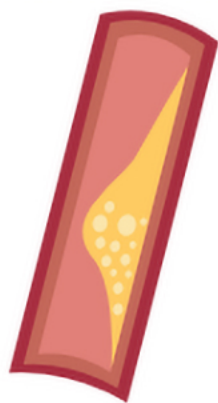


What is CHOLESTEROL?

▶ A **fat-like substance** in your blood. Too much can **clog your arteries and make a heart attack or stroke more likely.**



$$\text{LDL "Bad" Cholesterol} + \text{HDL "Good" Cholesterol} + \text{TRIGLYCERIDES/5} = \text{TOTAL CHOLESTEROL}$$

What Causes HIGH CHOLESTEROL?



FOOD TIPS

- ✓ **HDL-RAISING:**
Olive oil, avocados, walnuts
 - ✓ **LDL AND TRIGLYCERIDE-LOWERING:**
Oatmeal, apples, oranges, salmon, tofu
 - ✗ **LDL-RAISING:**
Egg yolks, fatty meats, shellfish, full-fat dairy, processed snacks
 - ✗ **TRIGLYCERIDE-RAISING:**
Excessive drinking, simple carbs/starches, sugars, animal products
- What raises LDL can also raise Triglycerides.*

What YOU CAN DO



Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

▶ For more information, visit **CardioSmart.org/Cholesterol**

If you would like to download or order additional posters on various topics, visit CardioSmart.org/Posters.