

Name: _____

Whom to Call: _____

CV1134A

Understanding Cholesterol

Too much cholesterol in your blood can lead to blocked arteries. Eating foods that contain cholesterol can raise your blood cholesterol. Planning meals that are low in cholesterol and saturated fat helps reduce the level of cholesterol in your blood. Try to eat less than ___ mg of cholesterol a day.

What Is Cholesterol?

Cholesterol is a fatty substance in your blood. It can build up inside your arteries and block the blood flow to your heart or brain. High cholesterol is a risk factor for heart disease.

Limit Foods High in Cholesterol

You can't see cholesterol. You have to read food labels to check the cholesterol in the foods you eat. Avoid or limit these high-cholesterol foods:

- Liver and other organ meats
- Fatty red meats
- Bacon and sausage
- Egg yolks (egg whites are okay)
- Shrimp

What Are Triglycerides?

Triglycerides are a type of fat in your blood. Like cholesterol, high levels of triglycerides can lead to blocked arteries. Too much sugar and certain carbohydrates in your diet can raise triglyceride levels in your blood. If you have diabetes, your doctor or nutritionist may advise you to avoid alcohol and to cut down on foods that are high in sugar and fat.

Notes

Reading Food Labels

Reading food labels helps you make healthy choices. Foods labeled “cholesterol-free” can still be high in saturated fat. Look for “fat-free” or “low-fat” as well as “cholesterol-free” foods.



Calories from Fat

This number tells you how many calories from fat are in 1 serving.

Total Fat

This number tells you how many grams (g) of fat are in 1 serving.

Saturated Fat

This number tells you how many grams (g) of saturated fat are in 1 serving. Saturated fat raises your cholesterol the most.

Cholesterol

This number tells you how much cholesterol is in 1 serving.

Nutrition Facts

Serving Size: 2 cups
Servings Per Container: 1

Amount Per Serving

Calories 140 **Calories from Fat 10**

*% Daily Value**

Total Fat 1g	2%
Saturated Fat .5g	3%
Cholesterol 15mg	5%
Sodium 270mg	11%
Total Carbohydrate 22g	7%
Dietary Fiber 7g	28%
Sugars 7g	
Protein 11g	