

HEART HEALTHY EATING: GETTING STARTED

BEFORE YOUR VISIT WITH THE REGISTERED DIETITIAN HERE IS SOME INFORMATION FOR YOU

CHOLESTEROL

Facts about Cholesterol

Cholesterol is a fat-like waxy substance produced by the liver and found in animal products we eat. We need some but not too much cholesterol. Cholesterol is transported through the blood in the form of lipoproteins, known as LDL and HDL. LDL is known as the

“bad” cholesterol because it builds up in the arteries. HDL is known as “good” cholesterol because it helps remove cholesterol from the arteries. Triglycerides are the way that fat is carried in the blood.

HIGH CHOLESTEROL IN YOUTH IS CAUSED BY

- HEREDITY
- DIET (LACK OF FIBER, FRUITS, AND VEGETABLES, AND/OR TOO MUCH FAT AND SUGAR)
- INACTIVITY

RECOMENDATIONS

From American Heart Association

- Balance calories and physical activity to achieve a healthy body weight
- Eat a diet rich in fruits and vegetables
- Choose whole grain, fiber rich foods
- Include fish, especially fatty fish twice a week
- Choose lean proteins
- Choose a diet low in fat, saturated fat, trans fat and cholesterol
- Limit sugar sweetened beverages
- Limit salt and sodium content in foods
- Choose low fat dairy
- Be physically active

KEEPING A FOOD/ ACTIVITY JOURNAL

Prior to your appointment keep a log (Prefer it to be 2 weekdays and 1 weekend day) of what you eat, when you eat and where you eat. Also include the type and time of any physical activity. Please bring this with you to your appointment.

FASTING LDL CHOLESTEROL GOALS

- LDL <130
- High Risk
LDL <110

CALL 616.949.4465

TO SCHEDULE

YOUR

APPOINTMENT