



Complete Endocrine Care

Understanding HDL-Cholesterol and LDL-Cholesterol

Cholesterol is carried in the blood attached to proteins called lipoproteins. There are two main forms, LDL (Low Density Lipoprotein) and HDL (High Density Lipoprotein).



HDL (GOOD CHOLESTEROL)


Good cholesterol or High Density Lipoprotein (HDL), carries excess cholesterol in your blood and take it back to your liver where it's broken down and removed from your body. This means a high level of good HDL cholesterol can maintain your heart healthy.

LDL (BAD CHOLESTEROL)

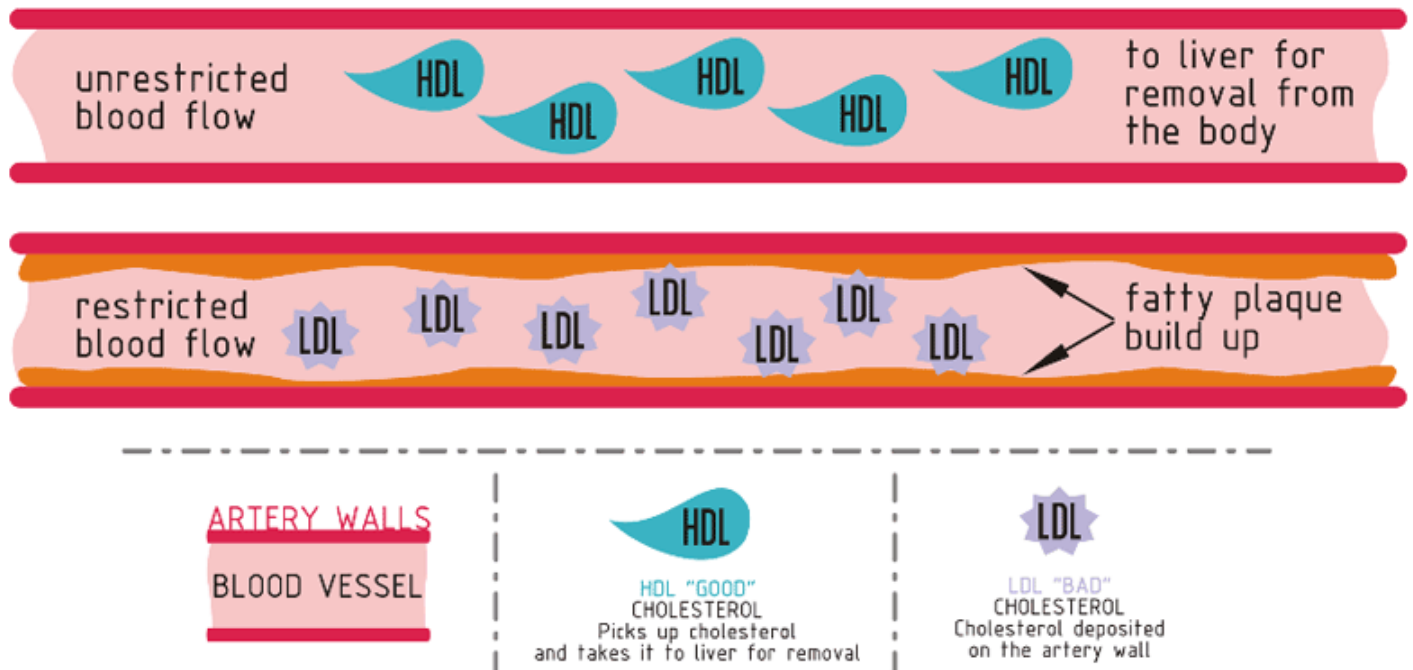
Bad Cholesterol or Low Density Lipoprotein (LDL) takes cholesterol from the liver to the body tissues. If there's a high level of bad LDL cholesterol in the blood it can build up in the walls of your blood vessels, causing them to narrow, reducing blood flow, and may then become a problem for your health.

Types of Cholesterol



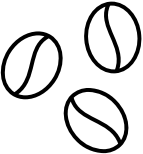
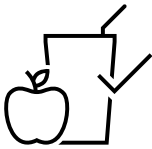

Blood Fats	Lifestyle Changes
 <p>LDL Cholesterol <i>Bad Cholesterol</i>, builds up in the artery walls</p>	<ul style="list-style-type: none">• Decrease trans & saturated fat• Increase monounsaturated fats• Increase soluble fiber & plant-based foods• Reduce excess waist measurement• Eat <4 vegetable servings a day• 30 minutes of physical activity per day
 <p>HDL Cholesterol <i>Good Cholesterol</i>, removes the bad cholesterol from the blood</p>	<ul style="list-style-type: none">• Quit/reduce smoking & alcohol intake• 30 minutes of physical activity once a day• Reduce excess waist measurement• Decrease trans fat

	<ul style="list-style-type: none"> • Increase monounsaturated fat, omega – 3 fat & fiber • Increase plant-based foods
 <p>Triglycerides</p> <p>Causes thickness in the blood and increase clotting</p>	<ul style="list-style-type: none"> • Decrease total fat intake • Increase fish sources of omega-3 fat • Reduce excess waist measurement • Decrease/avoid alcohol • Eat <3 meals and snacks per day • 60 minutes of physical activity once a day • Decrease intake of sugars & refined carbohydrates • Keep blood sugars well controlled (Relates to though with diabetes and prediabetes)

The difference between "GOOD" and "BAD" cholesterol



Sources of Fat

<p>Trans Fat Sources</p> 	<p>Partially hydrogenated vegetable oil & shortening, deep fried foods, fast foods or cookies, potato chips, commercial baked goods, candy bars & convenience foods</p>
<p>Saturated Fat Sources</p> 	<p>Meat, poultry skin, high-fat dairy products, butter, lard, hydrogenated oils, or palm kern oil</p>
<p>Monosaturated Fat Sources</p> 	<p>Fish & seafood, oils (olive, canola, peanut or sesame), nuts (almonds, cashews, pecan, pistachios, & butter), olive, avocado, & sesame seeds.</p>
<p>Soluble Fiber Sources</p> 	<p>Oats, barely, apples, oranges, brussels sprouts, squash, beans, legumes, ground flaxseed, nuts & psyllium</p>
<p>Omega-3 Fat Sources</p> 	<p>Fish & seafood (mackerel, sardines, salmon, herring, & trout), omega-3 fortified eggs, grass fed, oils (canola, flax, & hemp seed), nuts/seeds (walnuts pumpkin seeds, & ground flaxseed), & soybean products</p>



Which fats should I include in my diet?

Unsaturated Fat

- Fish
- Nuts
- Seeds

Absolutely, in healthy amounts!



Saturated Fat

- Beef, pork, chicken
- Butter
- Cheese
- Coconut oil

Okay in small amounts.



Trans Fat

- Processed foods
- Partially hydrogenated vegetable oil
- Deep-fried foods (depending on the oil)
- Margarine
- Packaged baked goods

Skip it!



And always include plenty of fruits, vegetables, and whole grains for a balanced diet!