



National Cholesterol Education Month

How Much Do You Know About Cholesterol?

- 1. What are the steps you can take to reduce your high blood cholesterol?**
 - a) Follow the TLC Diet (low saturated fat, low cholesterol).
 - b) Be more physically active.
 - c) Lose weight if you are overweight.
 - d) Take your cholesterol lowering medication if prescribed.
 - e) All of the above.
- 2. Which food *does not* have a lot of saturated fat?**
 - a) Coconut oil.
 - b) Whole milk.
 - c) Chicken, with skin.
 - d) Butter.
 - e) Whole wheat bread.
- 3. Which food *does not* have a lot of cholesterol?**
 - a) Steak.
 - b) Banana.
 - c) Shrimp.
 - d) Butter.
 - e) Egg.

Quiz courtesy of www.nhlbi.nih.gov. Answers on back.



Cholesterol



Cholesterol Facts

LDL and HDL, the two types of lipoproteins, and their quantity in the blood are main factors in heart disease risk.

Desirable Blood Cholesterol – Total blood cholesterol is less than 200 mg/dL; LDL is lower than 130 mg/dL.

Borderline High Cholesterol – Total level is between 200 and 239 mg/dL or LDL is 130 to 159 mg/dL.

High Blood Cholesterol – Total level is greater than 240 mg/dL or LDL is 160 mg/dL or higher. For patients with heart disease, LDL above 100 mg/dL is too high. In addition, an HDL level less than 35 mg/dL is considered low and increases the risk of heart disease.

Blood Levels

♥ Low-density lipoprotein (LDL) – This “bad” cholesterol is the form in which cholesterol is carried into the blood and is the main cause of harmful fatty buildup in arteries. The higher the LDL cholesterol in the blood, the greater the heart disease risk.

♥ High-density lipoprotein (HDL) – This “good” cholesterol carries blood back to the liver, where it can be eliminated. HDL helps prevent a cholesterol buildup in blood vessels. Low HDL levels increase heart disease risk.

♥ One of the primary ways LDL cholesterol levels can become too high in blood is through eating too much saturated fat, which is found mostly in animal products, and cholesterol found only in animal products.

♥ Saturated fat raises LDL levels more than anything else in the diet.

♥ Several other factors that affect blood cholesterol levels include heredity, weight, age, exercise, gender and stress.

Information courtesy of www.fda.gov.

Cholesterol Quiz Answers

1. The correct answer is (e) all of the above. Following a Step I Diet (low saturated fat, low cholesterol), being more physically active, maintaining a healthy weight and taking cholesterol-lowering medication, if prescribed, are all important to help you to lower your blood cholesterol level and reduce your chance of developing heart disease.
2. The correct answer is (e) whole wheat bread. The other choices are all high in saturated fat. Foods high in saturated fat include foods from animals, such as fatty cuts of meat, poultry with the skin, whole-milk dairy products, and lard. Even though they are vegetable products, tropical oils like coconut, palm kernel and palm oils are also high in saturated fat. One important way to help reduce your blood cholesterol is to choose foods low in saturated fat. One way to do this is by choosing foods such as fruits, vegetables, whole grains, lowfat or nonfat dairy products, and no more than 6 ounces of lean meats each day. The Step I Diet limits saturated fat intake to 8-10% of total calories for the day. Check out the Introduction to the Heart Healthy Diet for the actual amounts of saturated fat you should be eating.
3. The correct answer is (b) banana. Dietary cholesterol also can raise your blood cholesterol level, although usually not as much as saturated fat. So, it is also important to choose foods low in dietary cholesterol as well as saturated fat. Dietary cholesterol is found only in foods that come from animals. Many of these foods also are high in saturated fat. On the Heart Healthy Diet, you should eat less than 300 milligrams of cholesterol per day. Use the food label to help you choose foods low in both cholesterol and saturated fat.

Nutrition Facts	
Serving Size ½ cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 80%	Vitamin C 60%
Calcium 4%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Daily Values--DRVs

The new label reference value, Daily Value, comprises two sets of dietary standards: Daily Reference Values (DRVs) and Reference Daily Intakes (RDIs). Only the Daily Value term appears on the label, though, to make label reading less confusing.

DRVs have been established for macronutrients that are sources of energy: fat, saturated fat, total carbohydrate (including fiber), and protein; and for cholesterol, sodium and potassium, which do not contribute calories.

DRVs for the energy-producing nutrients are based on the number of calories consumed per day. A daily intake of 2,000 calories has been established as the reference.

DRVs for the energy-producing nutrients are calculated as follows:

- fat based on 30 percent of calories
- saturated fat based on 10 percent of calories
- carbohydrate based on 60 percent of calories
- protein based on 10 percent of calories
- fiber based on 11.5 g of fiber per 1,000 calories

Because of current public health recommendations, DRVs for some nutrients represent the uppermost limit that is considered desirable. The DRVs for total fat, saturated fat, cholesterol, and sodium are:

- total fat: less than 65 g
- saturated fat: less than 20 g
- cholesterol: less than 300 mg
- sodium: less than 2,400 mg