



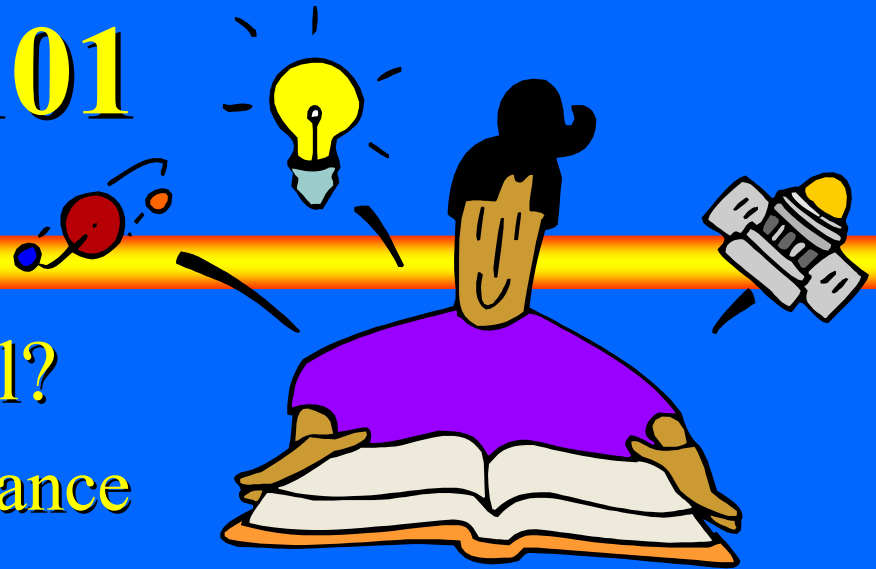
COUNT ON YOUR HEALTH

# “The Skinny on Fat”

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# Cholesterol 101



- ➡ What is cholesterol?
  - ➡ Soft, fat-like substance
- ➡ Functions of cholesterol
  - ➡ insulation of nerves
  - ➡ forms cell membranes
  - ➡ makes hormones
- ➡ Where is it found?

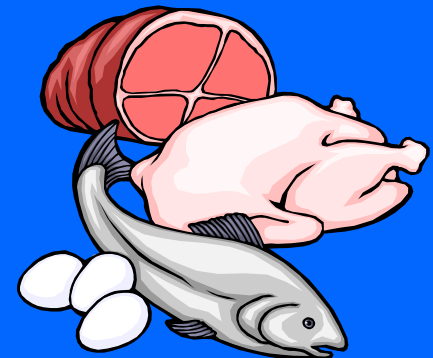
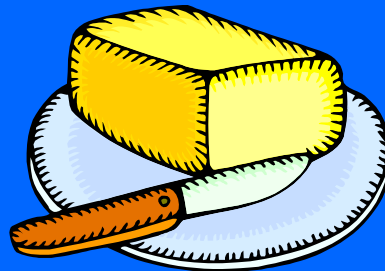
# Sources of Cholesterol

➤ Production of cholesterol by liver

➤ approximately 1000mg per day

➤ Dietary cholesterol

➤ Only animal products



# Types of Cholesterol

 **LDL** - Low density lipoprotein

 “bad” cholesterol

 builds up on the walls of arteries

 **HDL** - High density lipoprotein

 “good” cholesterol

 helps remove cholesterol from the arteries

# Know Your Numbers



## Total cholesterol



Less than 200 mg/dL

Desirable level



200 to 239 mg/dL

Borderline high



240 mg/dL and above

High blood cholesterol\*

\*A person with this level has more than twice the risk of heart disease as someone whose cholesterol is <200 mg/dL.

# Know Your Numbers

## 👉 HDL Cholesterol

👉 Less than 40 mg/dL

Low level. A major risk factor for heart disease.

👉 40 to 59 mg/dL

The higher, the better!

👉 60 mg/dL and above

High HDL cholesterol\*

\*An HDL of 60 mg/dL and above is considered protective against heart disease.

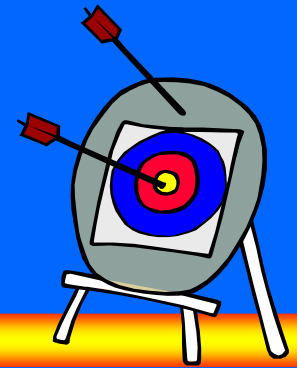
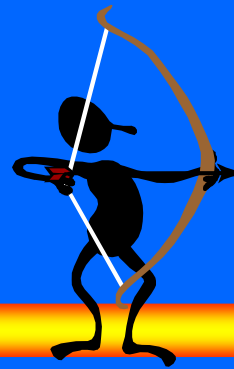
# Know Your Numbers

## ➤ LDL Cholesterol Level

➤ Less than 100 mg/dL	Optimal
➤ 100 to 129 mg/dL	Near or above optimal
➤ 130 to 159 mg/dL	Borderline high
➤ 160 to 189 mg/dL	High
➤ 190 mg/dL and above	Very High

➤ Find Your LDL cholesterol target...

# Your Target LDL



- ✎ Less than two risk factors and no coronary heart disease or diabetes... below 160 mg/dL
- ✎ Two or more risk factors and no coronary disease or diabetes... below 130 mg/dL
- ✎ Coronary heart disease or diabetes regardless of other risk factors... at or below 100 mg/dL

# What Can You Do?



## Lowering total cholesterol



decrease consumption of total fat and saturated fat



decrease amount of trans fatty acids



decrease consumption of cholesterol to <200 mg dietary cholesterol per day



## Lowering LDL cholesterol



substitute polyunsaturated and monounsaturated fats for saturated fats



increase intake of soluble fiber

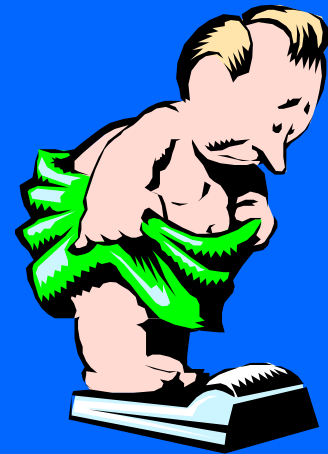
# What Can You Do? (cont.)

## ☞ Raising HDL levels

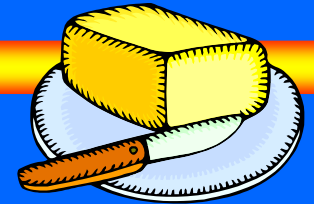
☞ Increase physical activity

☞ Stop smoking

☞ Lose excessive weight



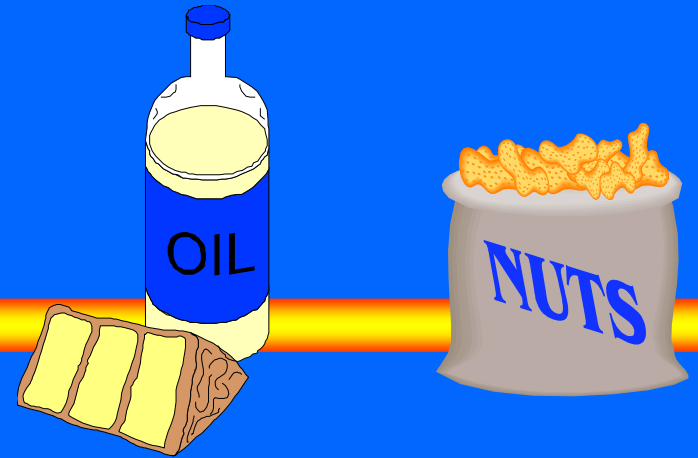
# Types of Fats



## ☞ Saturated Fats

- ☞ Main dietary cause of high blood cholesterol
- ☞ Limit intake to 7-10% of total calories/day
  
- ☞ Foods high in saturated fat (animal)
  - ☞ beef, lamb, poultry fat, lard, butter, cream, milk, cheeses and other products made from these foods
  
- ☞ Foods high in saturated fat (plant)
  - ☞ coconut oil, palm oil, and cocoa butter

# Types of Fats



## ☞ Polyunsaturated Fats

- ☞ May help lower LDL when used in place of saturated fats
- ☞ If used in excess, may also lower HDL cholesterol
- ☞ Food sources
  - ☞ safflower oil, sesame and sunflowers seeds, corn and soybean oils, nuts and seeds and their oils

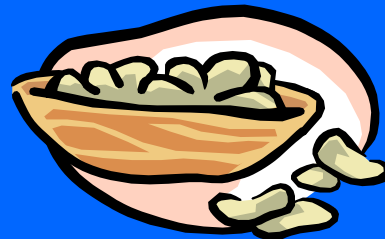
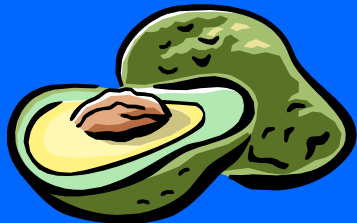
# Types of Fats

## ☞ Monounsaturated Fats

☞ Help lower LDL cholesterol without lowering HDL cholesterol

## ☞ Food sources

☞ canola oil, olive and peanut oils, peanuts and avocados



# Types of Fats



## ➤ Trans Fatty Acids (TFA)

➤ TFA tend to raise total blood cholesterol

➤ TFA also tend to raise LDL and lower HDL when used in place of natural oils

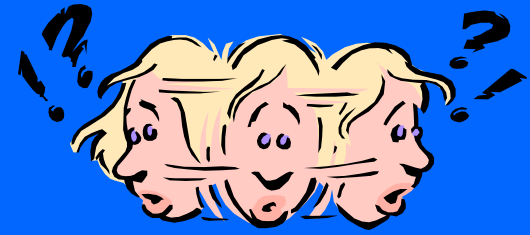
## ➤ Food sources

➤ found in small amounts in animal products such as beef, pork, lamb and the butterfat in butter and milk

➤ also found in margarine, shortening, some cooking oils and foods made from them

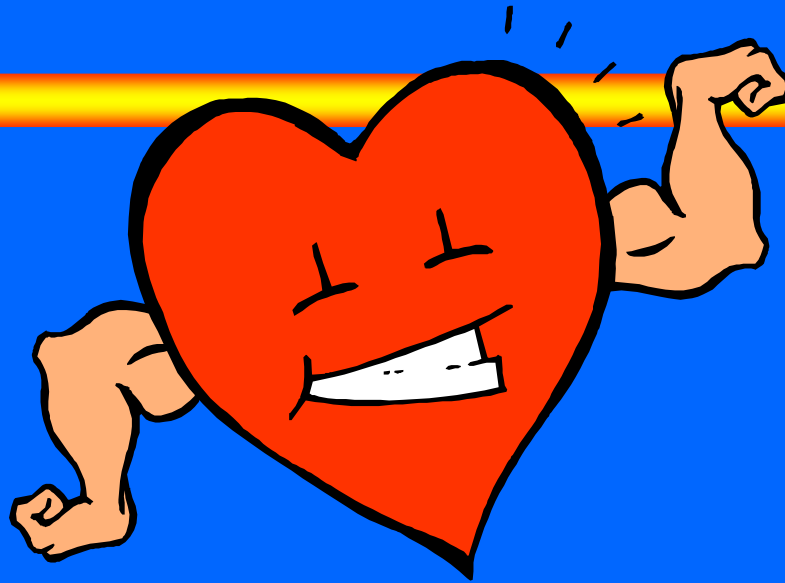


# What Can You Do?



- ☞ Choose low fat and non-fat dairy products
- ☞ Choose lean cuts of meat
- ☞ Decrease amount of hydrogenated fats (partially hydrogenated oils) used in your food products
- ☞ Use margarine as a substitute for butter; choose tub or liquid forms over stick margarine

Start Counting On



Your Heart Health  
*Today!*