

Life's Essential 8TM for Women

BE A CHOLESTEROL CONTROL FREAK

The Good and the Bad of Cholesterol

Cholesterol is a fat-like substance that comes from two sources: FOOD and your BODY. It is only found in foods from animal sources. It travels in the body by lipoproteins (LDL and HDL) High cholesterol can affect your heart and brain health.

- » **HDL = GOOD:** High-density lipoprotein is known as "good" cholesterol. Helps keep LDL from sticking to artery walls and reduces plaque buildup. This process can lower the risk of heart disease and stroke.
- » **LDL = BAD:** Low-density lipoprotein is known as "bad" cholesterol.
- » **Total Cholesterol:** HDL level + LDL level + 1/5th of triglyceride level = **total cholesterol level.**

Know Your Numbers

A health care professional can check your cholesterol with a simple blood test and explain what it means for your health. Keep track of your cholesterol numbers. If you have high cholesterol, talk to your doctor about how to reduce it.



SECRETS FOR SUCCESS

Remember these tips to help you stay on track with your cholesterol level goals.

» EAT SMART

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, and lean animal proteins like fish and seafood. Limit sugary foods and drinks, red or processed meats, salty foods, refined carbohydrates and highly processed foods.

» MOVE MORE

Sit less and move more. Physical activity helps improve cholesterol levels.

» GET THE FACTS ON FATS

The fats you eat can affect your cholesterol levels. Replace saturated fats like meats, butter, cream, cheese and some baked and fried foods with unsaturated fats like fish, vegetable oils, nuts, and avocados.

» DON'T BE TOXIC

Smoking and vaping lowers good HDL cholesterol. It also raises your risk of heart disease.

» MAINTAIN YOUR MEDS

Your doctor may prescribe statins or other medications to control your cholesterol levels.

GO RED TOGETHER

Help other women in your life control their cholesterol. Remind your friends to schedule a doctor's appointment if it's been a while and get their cholesterol levels checked.

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