



American Heart Association.

Healthy for Good™

Life's Essential



HOW TO CONTROL CHOLESTEROL



UNDERSTAND 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. It can lead to heart disease and increase the risk of some types of dementia, like Alzheimer's disease.



HDL = GOOD

High-density lipoprotein is known as "good" cholesterol.



LDL = BAD

Low-density lipoprotein is known as "bad" cholesterol.

HDL helps keep LDL from sticking to artery walls. This reduces plaque buildup and lowers the risk of heart disease and stroke.

heart.org/cholesterol



TRACK LEVELS



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, take steps to reduce it.



TIPS FOR SUCCESS



EAT SMART

Eat meals with lots of vegetables, fruits, whole grains, beans, nuts, and lean proteins like fish and seafood. Limit sugary foods and drinks, red meats, processed meats, salty snacks, and foods that are highly processed.



MOVE MORE

Exercise can help lower cholesterol numbers. It can also improve your mood and clear your mind.



KNOW YOUR FATS

The fats you eat can affect your cholesterol numbers. Replace saturated fats like butter and whole dairy products with healthy fats. Healthy fats include olive oil, fatty fish, nuts and eggs.



NO NICOTINE

Smoking lowers good HDL cholesterol. It also increases your risk of heart disease and affects your brain health.



TAKE MEDICATION AS DIRECTED

Taking your medicine is important. Medicines like statins, or others, can help you control your cholesterol numbers.

Learn more at heart.org/lifes8