



American Heart Association.

Healthy for Good™

# HOW TO CONTROL CHOLESTEROL



## 1 UNDERSTAND CHOLESTEROL

Cholesterol is a fat-like substance that comes from two sources: **FOOD** and **BODY**. It is found in foods from animal sources only. It travels in the body by lipoproteins (LDL and HDL).



### 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 and reduces plaque build up. This process can lower the risk of heart disease and stroke. [heart.org/Atherosclerosis](http://heart.org/Atherosclerosis)

### TRIGLYCERIDES

The most common type of fat in the body.

### TOTAL CHOLESTEROL

HDL + LDL + 1/5th of triglyceride level = total cholesterol level.

## 2 TRACK LEVELS



A health care provider can measure blood cholesterol and help you understand what the levels mean.



Track your cholesterol levels over time and take steps to reduce high cholesterol.

LEARN MORE AT [HEART.ORG/MYLIFECHECK](http://HEART.ORG/MYLIFECHECK) AND [HEART.ORG/CHOLESTEROL](http://HEART.ORG/CHOLESTEROL)

## 3 TIPS FOR SUCCESS



### EAT SMART

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins and fish. Limit sugary drinks and foods, fatty or processed meats, full-fat dairy products, eggs and tropical oils. [heart.org/EatSmart](http://heart.org/EatSmart)



### MOVE MORE

Physical activity helps improve cholesterol levels. [heart.org/MoveMore](http://heart.org/MoveMore)



### KNOW YOUR FATS

The fats you eat can affect your cholesterol levels. Replace saturated fats with unsaturated fats. [heart.org/Fats](http://heart.org/Fats)



### DON'T SMOKE

Smoking lowers good HDL cholesterol and raises your risk of heart disease. [heart.org/Tobacco](http://heart.org/Tobacco)



### TAKE MEDICATION AS DIRECTED

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

# Cholesterol Guidelines For A Healthy Lifestyle

**N Colangelo**



## **Cholesterol Guidelines For A Healthy Lifestyle:**

**School Health Guidelines to Promote Healthy Eating and Physical Activity** Z I MOHSIN, 2025-06-18 During the last 3 decades the prevalence of obesity has tripled among persons aged 6-19 years. Multiple chronic disease risk factors such as high blood pressure, high cholesterol levels, and high blood glucose levels are related to obesity. Schools have a responsibility to help prevent obesity and promote physical activity and healthy eating through policies, practices, and supportive environments. This report describes school health guidelines for promoting healthy eating and physical activity, including coordination of school policies and practices, supportive environments, school nutrition services, physical education, and physical activity programs, health education, health, mental health, and social services, family and community involvement, school employee wellness, and professional development for school staff members. These guidelines developed in collaboration with specialists from universities and from national, federal, state, local, and voluntary agencies and organizations are based on an in-depth review of research, theory, and best practices in healthy eating and physical activity promotion in school health, public health, and education. Because every guideline might not be appropriate or feasible for every school to implement, individual schools should determine which guidelines have the highest priority based on the needs of the school and available resources.

**The Dental Hygienist's Guide to Nutritional Care E-Book** Lisa F. Mallonee, Linda Boyd, Cynthia A. Stegeman, 2024-07-19 Selected for 2025 Doody's Core Titles in Dental Hygiene Auxiliaries. Learn how to apply nutritional principles to promote optimal patient care. The Dental Hygienist's Guide to Nutritional Care, 6th Edition, explains how teaching proper nutrition can improve oral and systemic health. Case studies and clear, full-color photos and illustrations provide a basis for assessing, diagnosing, planning, implementing, and evaluating the care of patients. In addition, a solid foundation in nutrition prepares you for the subject's increased emphasis on the NBDHE examination. NEW! Incorporation of the latest federal nutrition standards and initiatives includes Healthy People 2030 and the 2020 Dietary Guidelines for Americans. Clinically relevant applications to dental hygiene include a focus on patient education and dental hygiene considerations. Vitamin and mineral content is presented based on the oral effects of micronutrients. Case studies and Health Applications in each chapter demonstrate how nutrition concepts can be applied to specific patient situations. Robust practice opportunities allow you to test your comprehension and apply what you've learned. Key terms are highlighted in each chapter and defined in the glossary.

**Healthy Eating for Life to Prevent and Treat Diabetes**, 2008-05-02 A simple new dietary approach to preventing and treating diabetes. You can help prevent and control diabetes through simple diet and lifestyle changes that are a pleasure to make instead of a chore. This book shows you how. Drawing on the latest diabetes research, Healthy Eating for Life to Prevent and Treat Diabetes presents a complete and sensible plant-based nutrition program that can help you prevent, manage, and in certain cases even reverse diabetes. Covering Type 1, childhood-onset Type 2, adult-onset, and gestational diabetes, this book provides detailed nutritional guidelines that have been carefully drafted by

Physicians Committee diabetes experts along with nearly 100 delicious easy to make recipes to help you put these healthy eating principles to work right away Healthy Eating for Life to Prevent and Treat Diabetes contains important information on Exercise and lifestyle issues Achieving and maintaining healthy weight Diabetes and pregnancy Preventing complications from diabetes And more Whether you or a loved one has diabetes or is at risk of developing it this book will give you the crucial knowledge you need to take charge now of your diet your health and your life Also available Healthy Eating for Life to Prevent and Treat Cancer 0 471 43597 X Healthy Eating for Life for Children 0 471 43621 6 Healthy Eating for Life for Women 0 471 43596 1

**Essential Concepts for Healthy Living** Sandra Alters,Wendy Schiff,2013 Essential Concepts for Healthy Living provides students with a clear and concise introduction to the latest scientific and medical research in personal health With its unique focus on critical thinking and analysis of health related behaviors and attitudes this text enhances students understanding of their own health needs and presents the scientific background necessary for students to think critically about the reliability of health related information they encounter in the media

**Nutrition Essentials: Practical Applications** Dr. Paul Insel,Don Ross,Kimberley McMahon,Melissa Bernstein,2022-09-29 This book provides students with a comprehensive current and science based introduction to nutrition concepts guidelines and functions Its student focused approach provides information about topics and issues that concern them a balanced diet nutritional supplements weight management exercise and much more Throughout each chapter readers will engage with the latest dietary guidelines scientific evidence and national standards to help individuals follow a healthy dietary pattern at every life stage

*Sanders' Paramedic Textbook* Mick J. Sanders,Kim McKenna,American Academy of Orthopaedic Surgeons (AAOS),2024-01-17 Based on current guidelines standards and medical research in the EMS field Sanders Paramedic Textbook Sixth Edition is both a comprehensive learning tool for paramedic students and reliable desk reference for emergency physicians This critical resource includes in depth explorations of key subjects such as pathophysiology pharmacology airway management medical disorders patient assessment and trauma

[The Complete Family Guide to Healthy Living](#) Stephen Carroll,Tony Smith,1995 Offers you a program for making the best choices for a healthy lifestyle with information on diet fitness stress and maintaining a healthy body

*Edelman and Kudzma's Canadian Health Promotion Throughout the Life Span - E-Book* Marian Luctkar-Flude,Jane Tyerman,Shannon Dames,2025-02-27 Gain the knowledge and skills you need to promote health and prevent disease in Canada Edelman and Kudzma s Canadian Health Promotion Throughout the Life Span Second Edition describes public health concepts from a Canadian perspective helping you to improve community health and reduce health inequities within a diverse population Covering the needs of each age and stage of life this book discusses care of the individual family and community all based on the latest research and trends in Canadian health promotion New chapters address the timely topics of Indigenous health and 2SLGBTBQI health Written by respected Canadian educators Marian Luctkar Flude Shannon Dames and Jane Tyerman this book is the only Canadian

nursing health promotion text on the market      Action Towards Healthy Eating-- Canada. Health and Welfare Canada. Communications/Implementation Committee,1990 This report presents comprehensive strategies for communicating and implementing the nutrition recommendations suggested in the report of the Scientific Review Committee including a translation of the updated nutrition recommendations The report contains Canada s guidelines for healthy eating current nutrition practices of the population and gaps between current and recommended practices analysis of existing nutrition activities programs methods and materials that are directed to the public opportunities and challenges for implementation existing infrastructure for implementing Canada s guidelines key examples of current nutrition intervention programs and recommendations for action to nutrition and other health professionals governments food and related industries non governmental health organizations and the public      **Visualizing Nutrition** Mary B. Grosvenor,Lori A. Smolin,Laura R. Christoph,2021-09-09 Visualizing Nutrition helps students understand the science behind nutrition the sociocultural impact of food and diet and the many ways dietary choices affect metabolism health and well being Providing an immersive and engaging visual approach to nutrition science this accessible textbook teaches students how to think critically about what to eat empowering them to be informed consumers when making nutrition decisions Rooted in contemporary nutritional research the text highlights the importance of diet in preventing disease and improving general health and wellness The fifth edition has been fully revised throughout containing the most current information available on the 2020 2025 Dietary Guidelines for Americans Readable easy to understand chapters explore digestion carbohydrates proteins and amino acids vitamins and minerals energy balance weight management physical activity nutrition during pregnancy and other important nutrition topics The book features a comprehensive range of pedagogical tools and multimedia resources designed to increase comprehension strengthen critical thinking skills and demonstrate the relevance of nutrition in students personal lives      *Life* ,1991      *2008 Healthcare Standards Official Directory* ECRI Institute Staff,Ecri,2007-12      *The Complete Idiot's Guide to a Happy, Healthy Heart* Deborah S. Romaine,Romaine & Dewitt,Dawn E. DeWitt,1998 An upbeat instructional guide to the importance of taking care of the heart this book tells readers everything they need to know about lowering cholesterol preventing heart attacks losing weight and quitting smoking Charts      **Core Concepts in Health** ,2000      **Nursing Times** ,2007      **Principles and Labs for Physical Fitness** Wener W. K. Hoeger,Sharon A. Hoeger,2005 PRINCIPLES AND LABS FOR PHYSICAL FITNESS FIFTH EDITION focuses on the fitness topics including body composition cardiorespiratory endurance and muscular strength and flexibility and also highlights important wellness topics such as behavior management nutrition and stress management With over 100 pieces of art to make this text truly engaging it is also designed to give students the motivation and techniques they need to know to apply their learning experiences and knowledge received from their fitness course Each chapter allows readers to chart and update their progress in the various components of physical fitness The emphasis is on teaching individuals how to take control of their personal health and

lifestyle habits so they can make a constant and deliberate effort to stay healthy and realize their highest potentials for well being In addition to the strength of the text PRINCIPLES AND LABS FOR PHYSICAL FITNESS comes with a wide range of teaching and learning resources unlike any other to support your course Besides the exclusive offerings of the CNN Video Today series and InfoTrac College Edition or the extensive PowerPoint with over 400 slides and free WebTutor Toolbox Online teaching support we offer a new BEHAVIOR CHANGE WORKBOOK Each copy of the text also comes packaged FREE with the exciting and interactive PROFILE PLUS CD ROM Unique to any learning tutorial this CD ROM includes self paced guided assessments exercise prescriptions and logs nutrition analysis and a text specific study guide appropriate for all health students     **American Dietetic Association Complete Food and Nutrition Guide** Roberta Larson  
Duyff,2006-09-18 Offers tips and guidelines for following a healthy diet from choosing the right food at the supermarket to eating well at every stage in life     *Understanding Your Health* Wayne A. Payne,2000     Public Health Reports ,1994  
    *Journal of the American Dietetic Association* ,2000

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