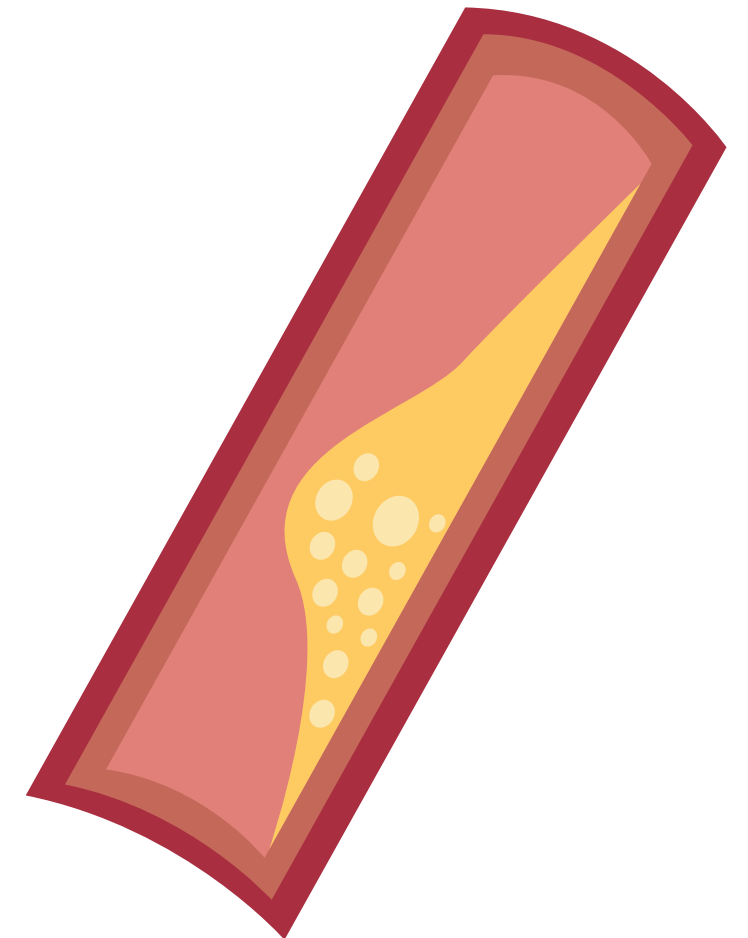


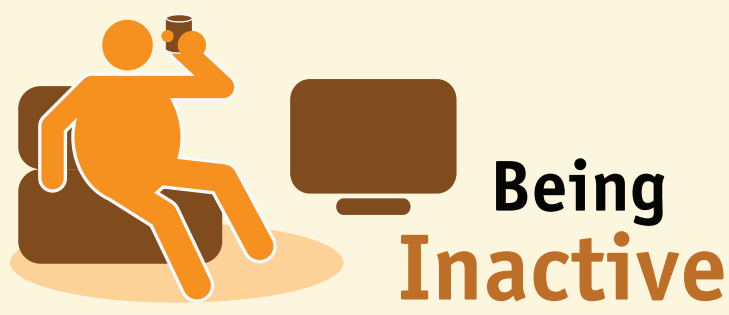
## What is CHOLESTEROL?

▶ A **fat-like substance** in your blood. Too much can **clog your arteries and make a heart attack or stroke more likely.**



**LDL**  **"Bad" Cholesterol** + **HDL**  **"Good" Cholesterol** + **TRIGLYCERIDES/5** = **TOTAL CHOLESTEROL**

## What Causes HIGH CHOLESTEROL?



## FOOD TIPS

- ✓ **HDL-RAISING:**  
Olive oil, avocados, walnuts
- ✓ **LDL AND TRIGLYCERIDE-LOWERING:**  
Oatmeal, apples, oranges, salmon, tofu
- ✗ **LDL-RAISING:**  
Egg yolks, fatty meats, shellfish, full-fat dairy, processed snacks
- ✗ **TRIGLYCERIDE-RAISING:**  
Excessive drinking, simple carbs/starches, sugars, animal products

*What raises LDL can also raise Triglycerides.*

## What YOU CAN DO



Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

▶ For more information, visit [CardioSmart.org/Cholesterol](https://www.CardioSmart.org/Cholesterol)

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