

# NUTRIFAX<sup>®</sup>

2008

## CHOLESTEROL CONFUSION

**C**holesterol is a frequently cited risk factor for coronary heart disease (CHD) however, your body needs some cholesterol to function normally. Cholesterol is essential for making strong membranes, steroids and other hormones, and to ensure proper function of the nervous system. The risks associated with CHD occur when blood cholesterol levels elevate beyond a desirable range.

**A** total blood cholesterol level of less than 200 mg per day is suggested by the National Institutes of Health-National Heart, Lung and Blood Institute. Experts agree that a total blood cholesterol level greater than 240 is a high risk for heart disease. A blood cholesterol of 200-239 is considered borderline high. A good way to know if your blood cholesterol puts you at risk for heart disease is to attend a free public screening.

**P**art of the confusion over cholesterol is due to the nature of the different types of cholesterol. You may have heard that some cholesterol is good and some bad. This distinction applies only to the cholesterol in blood – not dietary sources. Cholesterol is made in the body as well as eaten through certain foods.

### TYPES OF CHOLESTEROL:

- ❖ High-density lipoprotein (HDL) is the good cholesterol. It is usually found in people who exercise regularly, don't smoke, and stay at a desirable body weight.
- ❖ Low density lipoprotein (LDL) the bad cholesterol deposits cholesterol in artery walls and can lead to a build up of plaque and blockages.
- ❖ The objective is to retain higher levels of HDL while achieving lower levels of LDL cholesterol.

### THE AMERICAN HEART ASSOCIATION GUIDELINES

- ❖ Limit your intake of meat, seafood and poultry to no more than 6 ounces per day.
- ❖ Use chicken or turkey (without skin) or fish in most of your main meals.
- ❖ Choose lean cuts of meat; trim all visible fat; and discard fat that cooks out of meat.
- ❖ Substitute meatless or "low-meat" main dishes such as dried beans, tofu, or combinations of meat with pasta or rice.
- ❖ Use low-fat dairy products like skim milk, part skim ricotta cheese, or low or non-fat plain yogurt and 1% cottage cheese.
- ❖ Limit egg yolks, seafood and organ meats such as liver.
- ❖ Eat plenty of fruits, vegetables, and whole grains.

**L**ower your cholesterol through diet. This means limiting your total fat intake to less than 30% of the calories you eat, no more than 10% from saturated fat, and eating less than 200 mg of cholesterol a day. Cholesterol and saturated fat are found in animal products. Some physicians may prescribe a statin in addition to daily exercise and weight reduction.

EGGS VS EGG SUBSTITUTES

	ONE LARGE EGG	EGG SUBSTITUTE (¼ CUP)
CALORIES	75	30
FAT	5 gms	0 gms
CHOLESTEROL	213 mg	0 mg
PROTEIN	7 gm	0 gms

**Food and Nutrition Services can assist in providing nutrition information.**

**Call 703-813-4800 and ask for a Registered Dietitian.**