

September 26, 2014



# Share the Wellness Tip

## Controlling Cholesterol

Your body needs cholesterol. It helps keep cells healthy. It also helps make hormones, vitamin D, and some acids that break down fat but...

You only need a little cholesterol. Many people have too much. The extra cholesterol travels in your blood and builds up inside your arteries (the tubes that carry bloods through your body). This buildup is called plaque.

The amount of cholesterol in your blood depends on many things. Some people's bodies just make too much "bad" (LDL) cholesterol and too little "good" (HDL) cholesterol. However, your habits make a difference, too.

- 🍂 **Get Moving:** Exercise can raise HDL and lower LDL.
- 🍂 **Eat Fewer saturated fats** (found in meat, butter, cheese, palm oil, and coconut oil) and trans fats (found in any foods with "hydrogenated" or "partially hydrogenated" vegetable oils.)
- 🍂 **Eat just enough calories** to reach or keep a healthy weight.
- 🍂 **Use heart-healthy fats** such as olive or canola oil.
- 🍂 **Eat more** fruits, vegetables, and whole grains.
- 🍂 **Don't Smoke**

*Source: National Heart, Lung, and Blood Institute*

