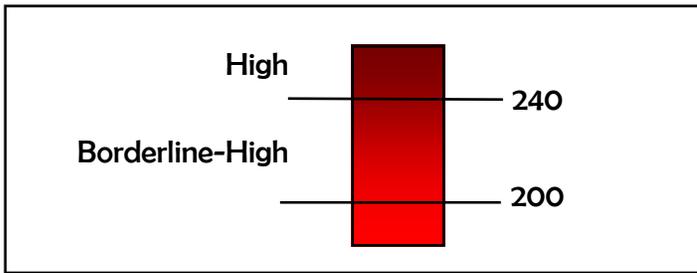


Understanding Your Cholesterol Results

What do your numbers mean?

TOTAL CHOLESTEROL



Less than 200:
Congratulations! Recheck every 5 years.

200-239*: Consult your doctor, additional tests may be needed.

240 or More: See your doctor within 2 months for evaluation and analysis.

*Males with one and females with two heart disease risk factors (listed on next page) should follow recommendations for cholesterol of 240 or more.

HDL Cholesterol ("Good Cholesterol")



Above 60:
Congratulations! Recheck every 5 years.*

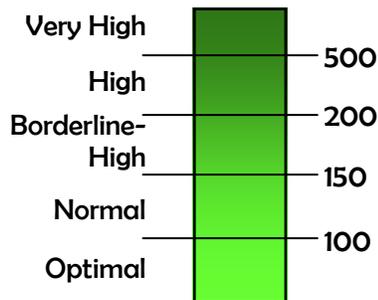
Below 40 for men, and below 50 for women:
Consult with your doctor or nutritionist about ways to increase your HDL levels.

*If you have a borderline high total cholesterol along with HDL > 60, no treatment is required because a high HDL level is considered protective.

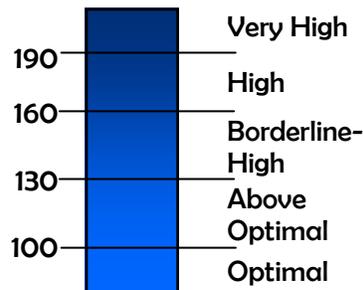
Triglycerides

Less than 150:
Congratulations!
Recheck every 5 years

Above 150:
Talk with your doctor or nutritionist about ways to lower your triglycerides.



LDL Cholesterol ("Bad Cholesterol")



Less than 130:
Congratulations!
Recheck every 5 years

Above 130:
Talk with your doctor or nutritionist about ways to lower your LDL levels.

Non-HDL Cholesterol

This level is found by subtracting your HDL cholesterol from your total cholesterol.

Your non-HDL goal should be **30mg/dL** higher than your LDL cholesterol goal.

For individuals without any other risk factors (with LDL goal of 130), this goal is less than **160mg/dL**.

If your non-HDL exceeds this goal, consult with your doctor or nutritionist about ways to decrease your cholesterol levels.

Although we cannot control or change our family history, we can reduce the risk of heart disease by changing certain lifestyle behaviors. More information is included on the following pages.

Beginning at age 20, everyone should have a lipid profile obtained every 5 years. If one of your levels is considered abnormal, be sure to discuss the significance of your results with your health care provider.



University Health Center

To make an appointment with the UHC dietitian, please call
706-542-8690
uhs.uga.edu/nutrition



Medical Clinic Blue	706-542-8654	Medical Clinic Green	706-542-8650
Medical Clinic Gold	706-542-8609	Medical Clinic Red	706-542-8636

Cholesterol and Your Health

What is Cholesterol?

Cholesterol is a fat-like substance produced by our bodies and found only in food of animal origin. Our tissues make 75% of the cholesterol in our bodies. The rest comes from the foods we eat. Cholesterol is an essential component for every cell. Vitamin D, bile (needed to absorb fats and vitamins A, D, E, and K) and steroid hormones (like estrogen, testosterone, and cortisone) are made from cholesterol.

What are Triglycerides?

Triglycerides are also fatty substances found in your bloodstream, coming from food and your liver. Triglyceride levels are directly influenced by what you eat. Excess calories, especially from sugar and alcohol, are one of the reasons for high triglycerides. Also, having too much saturated fat and not enough fruits and vegetables can increase your levels. Certain medications, weight status and current physical activity can also affect triglyceride levels.

Cholesterol and Heart Disease

The concern with cholesterol and triglycerides is that too much circulating in your blood may increase your risk of heart disease. Excess cholesterol and triglycerides can damage your blood vessels, leading to heart disease. Total cholesterol measured in your blood is only part of the story. There are different types of cholesterol in our blood.

♥ HDL cholesterol, or High Density Lipoprotein cholesterol is called "good cholesterol". It represents cholesterol which is leaving the body. More HDL usually means less heart disease.

♥ LDL cholesterol, or Low Density Lipoprotein cholesterol is called "bad cholesterol". High levels of LDL mean that cells have more cholesterol than they can use and no way of reducing the excess in blood vessels. This can lead to cholesterol deposits which cause arteries to narrow and become hard, slowing down blood flow to the heart.



What factors increase your risk of Heart Disease?

- Genetics:** a close relative who developed heart disease before age 50.
- Weight:** being overweight or having a high waist measurement (over 40 inches for males and over 35 inches for females)
- Gender:** up to about 60 years of age, men are at higher risk for heart disease compared to women.
- Diabetes:** having diabetes greatly increases the risk of heart disease.
- Smoking:** tobacco smoking greatly increases the risk of heart disease.
- High Blood Pressure:** having uncontrolled blood pressure can speed up the development of heart disease.
- Sedentary lifestyle:** being active lowers the body weight, blood sugar and blood pressure and it increases the HDL cholesterol.

Ways to Reduce Risk of Heart Disease

There are many ways you can reduce your risk of heart disease. These include:

- Follow a heart-healthy diet (tips on next page)
- Exercise regularly. Aim for 150 minutes per week of moderate-intensity activity.
- Aim for a healthy weight
- Quit smoking
- Consume alcohol in moderation (1-2 drinks per day for men, 1 drink per day for women)
- Try to control stress levels

Dietary Factors to Reduce Cholesterol

Dietary Cholesterol, Fats, and Blood Cholesterol Levels

Cholesterol in the food we eat can impact the amount of cholesterol circulating in our blood; however, for most people, the types of fat we eat can have a greater impact on blood cholesterol levels*. Saturated fats, or solid fats, and trans fats, found in many shelf-stable baked goods and fried foods, increase LDL, or “bad cholesterol” levels. When replacing saturated fats, poly and mono-unsaturated fats - found in oils, avocado, nuts, seeds, and fatty fish - may improve cholesterol levels.

**Note: For certain people, dietary cholesterol can have a significant impact on blood cholesterol levels.*

Certain foods and nutrients can help reduce the risk of heart disease.

A heart-healthy diet also reduces your risk of obesity, diabetes, high blood pressure, and certain cancers, while enhancing your sense of overall well-being. The America Heart Association recommends aiming for a wide variety of nutritious foods daily. Remember, even simple, small changes can make a difference in living a healthier life. To reduce your risk of heart disease, aim for these foods:

♥ Healthy Foods	Examples	Benefits
♥ Fruits and vegetables: Aim for 4-5 cups daily	Fruits—berries, oranges, apples, pears, grapes Vegetables— squash, zucchini, eggplant, broccoli, cauliflower, tomatoes, dark leafy greens, kale	High in vitamins, fiber, and minerals including potassium, which may help reduce blood pressure.
♥ Fish: Aim for two 3-4 ounce servings per week.	Fatty fish such as salmon, sardines, herring, mackerel, trout, and tuna	Rich sources of omega-3 fatty acids, which have been found to reduce the risk of heart disease.
♥ Fiber-rich whole grains: Aim for at least three 1-ounce servings per day.	Brown rice, quinoa, whole grain bread and tortillas, whole wheat pasta (For bread products, look for the word “whole” in the first ingredient on the food label.)	High in fiber, nutrients and antioxidants, which can help lower blood cholesterol and glucose levels.
♥ Nuts, Legumes, and Seeds: Aim for at least 4 servings per week.	Beans (kidney beans, black beans, lentils), unsalted nuts and seeds (walnuts, almonds, peanut butter, sunflower seeds)	These foods are high in fiber. Nuts and seeds contain a high level of heart-healthy unsaturated fats.

Foods to Limit

- ↓ **Sodium:** Aim for less than 2,300 mg daily. (Studies show 1,500 mg daily may reduce blood pressure further.)
- ↓ **Sugar-sweetened beverages:** Less than 450 calories (about 36 ounces) per week.
- ↓ **Processed meats:** No more than 2 servings per week. This includes cured meats (bacon and ham), sausage, hot dogs and other processed meats.
- ↓ **Saturated fat:** Aim for 7% of total calories or less (less than 15g for the average adult). Full-fat dairy products, butter, shortening, and higher fat cuts of meat (pork, beef, poultry with skin) contain saturated fat.
- ↓ **Trans fat:** Avoid completely. These are foods with “hydrogenated” or “partially hydrogenated” oil in the ingredient list.



Online Resources for Cholesterol & Wellness

UHC information on cholesterol:

uhs.uga.edu/nutrition/cholesterol.html

American Heart Association:

heart.org/HEARTORG

MyPlate guidelines for healthy eating:

choosemyplate.gov

WebMD:

webmd.com

Campus Resources

Nutrition Counseling at UGA:

Health Center Nutritionists, 706-542-8690

Food Service (meal plan) Nutritionist, 706-542-7313

Nutritionist for student athletes, 706-542-6891

Cooking Classes at Health Center:

706-542-8690; uhs.uga.edu/nutrition/kitchen.html

Sports and Recreation:

Ramsey Center, recsports.uga.edu

Athens Parks & Recreation, acclisureservices.com