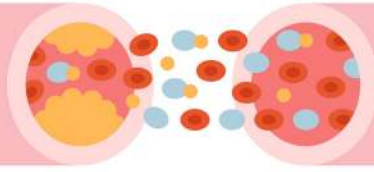


CHOLESTEROL

Managing Your Cholesterol Level



What is Cholesterol?

Cholesterol is different from fats

Functions:

- 1. Produce hormones
- 2. Protect nerves
- 3. Build new cells



Good vs Bad Cholesterol

- Carry excess cholesterol from different parts of the body to the liver
- Helps to decrease risks of heart disease and stroke

- Transports cholesterol from liver to other parts of the body
- Builds up slowly in the inner wall of arteries



HDL
High Density Lipoprotein



LDL
Low Density Lipoprotein

Sources of Cholesterol



1. Our Body

- Our body produces 80% of the cholesterol we need

2. Food We Eat

- Major cholesterol sources: organ meats, egg yolk, seafood and animal fats



It is important to watch our dietary intake as fats from the food we eat will become cholesterol in our body!

Sources of Fats

'Good' Fats



Mono-unsaturated Fat

lowers bad cholesterol
Source: plant oils, nuts, avocado

Poly-unsaturated Fat

1. Omega-3

- Reduce blood clotting
- Protects arteries from hardening

Source: fatty fish (e.g. salmon), walnuts, canola oil, soybean oil

2. Omega-6

- Lowers total cholesterol and bad cholesterol

Source: sunflower oil, soybean oil, corn oil, seeds

'Bad' Fats



Saturated Fat

increases bad cholesterol and the risk of heart disease

Source: animal fats, full cream dairy products

Trans Fat

increases bad cholesterol and the risk of heart disease

Source: pastries, cakes, cookies, deep-fried food

Long Term Complications

- Weight gain or obesity
- Blockage of blood vessels
- Increased risks of:
 - Heart diseases (e.g. angina, heart attack)
 - Stroke
 - Peripheral artery disease



How to Manage Your Cholesterol Level?

- ✓ Eat in moderation
- ✓ Use healthier oils
- ✓ Choose fish and lean meat
- ✓ Eat less fried food (air fry or steam food instead)
- ✓ Eat less high-fat bakery products
- ✓ Maintain an active and healthy lifestyle



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