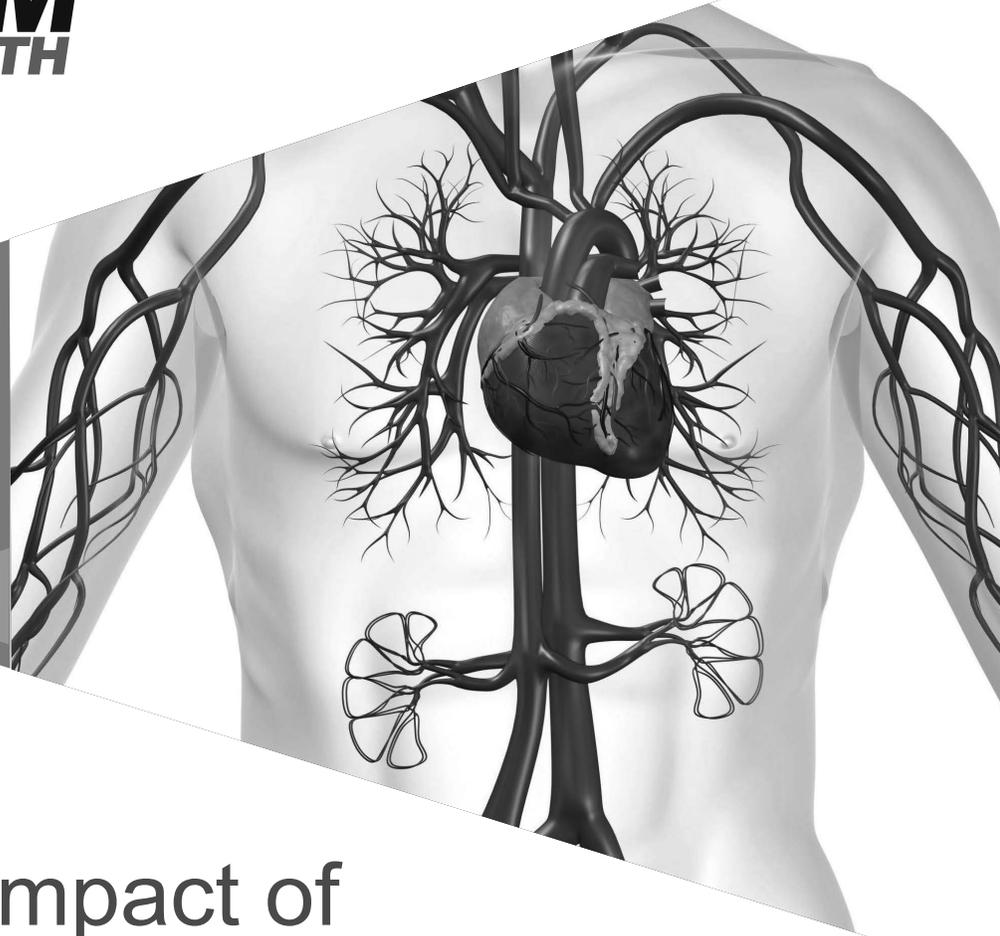




Healing Your Heart



Impact of
Cholesterol & Triglycerides
On Your Health

The More You Know... *Let's begin by understanding the basics!*

Cholesterol

Cholesterol is a type of lipid found in your body. It is made by your liver and also comes from animal derived foods in your diet. You can also get cholesterol from some of the foods you eat. Your doctor may have mentioned the difference between "good" and "bad" cholesterol.

What's So Bad About It?



Low-density lipoprotein (LDL) cholesterol is the "bad" kind of cholesterol because it tends to clog your arteries, slow blood flow and puts you at risk for heart disease. There is also a "good" kind of cholesterol - High-Density Lipoprotein (HDL) cholesterol – which is associated with lower risk of heart disease.



Triglycerides

Triglycerides are a type of lipid in your blood. Your body converts any calories it doesn't need to use right away into triglycerides which are stored in your fat cells. Some people have high triglycerides – because they eat more food than their bodies need.

Now That You Know, What Can You Do?

Talk To Your Doctor About Your Concerns & Ask Questions.

Prepare a list of items to address at your next appointment and take notes. Some people bring a family member or friend to help take down the information.

Enjoy Healthy Foods.

Making healthy choices does not mean you'll be missing out on delicious foods. There are plenty of options to satisfy every palate.

Find Activities That Get You Moving.

Do you enjoy dancing, biking or swimming? Staying active doesn't mean you have to be stuck in a gym all the time. Change it up and have some fun!

Be A Quitter! Stop Smoking!

In this case, being a quitter is a great thing. By now you've probably heard about all the risks from smoking and benefits of quitting. Easier said than done, right!?! We want to help get you there.



BE PREPARED!

Some helpful questions you can bring to your next doctor's appointment:

What is the medicine being prescribed and how is it helping me?

What is the dose, and should I take it with meals?

How will I know if my medicine is working?

Are there any side effects that I should look out for?

What can I do at home to help manage my condition?

Activity: _____

Foods to Avoid: _____

Foods to Eat: _____

Vitamins & Supplements: _____

Other Recommendations: _____

What kind of help can I get to quit smoking?

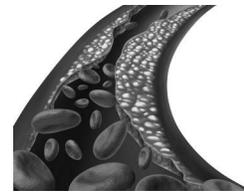
The Numbers You Want

Total Cholesterol (mg/dL)	What it Means
Less than 200	Good
200 – 239	Borderline High
240 and above	High

HDL Cholesterol (mg/dL)	What it Means
60 and above	Optimal Level
40 – 59	Borderline Low
Less than 40	Risk Factor for Heart Disease



Normal blood flow



Cholesterol plaque causes blood vessel narrowing

LDL Cholesterol (mg/dL)	What it Means
Less than 100	Very Good
100 - 129	Good
130 – 159	Somewhat High
160 – 189	High
190 and above	Very High

Triglycerides (mg/dL)	What it Means
Less than 150	Normal
150 – 199	Borderline High
200 - 499	High
500 and above	Very High

HEART SMART

Although you may already know that certain foods can impact your risk for heart disease, it's often difficult to change your eating habits. So, let's begin with some simple tips to help you get started.

Tip #1 - Watch Your Portion Size

Have you ever tried to eat just a few French fries or just a small bite of dessert? We've all been there! No matter how healthy or unhealthy a food choice may be, it is important to watch your portion size. Do you remember what we mentioned earlier about what happens to the extra calories your body didn't need? Let's do a quick recap.

Your body converts any calories it doesn't need to use right away into triglycerides which are stored in your fat cells. That is why some people have high triglycerides. They eat more food than their bodies need.

Now it's easier to see the link between overeating and high levels of triglycerides – a culprit for higher risk of stroke.

Tip #2 - Choose Fresh

Fruits and vegetables are a great source of vitamins, fiber and minerals. Eating fruits and vegetables can help lower your LDL ("Bad") Cholesterol which means lowering your risk for heart disease.

Tip #3 - Spice, Spice, Spice!

Many studies are looking at the relationship between certain spices and heart health. Did you know that garlic, ginger and turmeric are especially beneficial? Both fresh and dried herbs may help lower your cholesterol. Sage, Oregano, thyme, mint and cinnamon are loaded with antioxidants. That's important because antioxidants lower LDL Cholesterol. So, get cooking and don't forget to spice it up!

Tip #4 – Not All Fats Are The Enemy

We often hear "stay away from fatty foods" - that's partly true. Some fats are good for your heart and they're easy to detect. But let's first understand the two different fats to look out for – saturated and unsaturated fats. Unsaturated fats will become liquid at room temperature while saturated fats remain solid. The American Heart Association recommends that you limit

Unsaturated "Good" Fats	
Olives	Peanut Butter
Tofu	Vegetable Oils
Avocados	Fatty Fish (salmon)
Avocado & Olive Oil	Nuts & Seeds

Saturated "Bad" Fats	
Cheese	Fried Food
Butter & Margarine	Palm Oil
Whole Milk	Baked Goods
Fatty cuts of meat	Processed Snacks



the amount of saturated fats and aim for a dietary pattern that achieves 5 - 6% of calories from saturated fat. Trans fats are worse than saturated fats.

Unsaturated fats are considered "healthy" fats and can lower your "bad" cholesterol. These fats have other health benefits when used in place of saturated fats.

Tip # 5 – Added Sugars

Many of us find this recommendation to be the toughest one to follow. Avoiding added sugars such as fructose corn syrup, galactose and glucose makes a great impact on your health. Studies continue to link high added sugar intake with obesity, high triglycerides, hypertension and other chronic conditions. Reading food labels is a great way to limit added sugars. Here's what you can look for:

- Brown Sugar
- Corn
- Sweetener
- Corn Syrup
- Dextrose
- Fructose Sweetener
- Fruit Juice Concentrates
- Glucose
- High-Fructose Corn Syrup
- Honey
- Invert Sugar
- Lactose
- Maltose
- Malt Syrup
- Maple Syrup
- Molasses
- Pancake Syrup
- Raw Sugar
- Sucrose
- Trehalose
- Turbinado Sugar

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

And don't forget to keep in mind that the ingredients are listed in order by weight so the closer they are to the top, the more of that ingredient is in the food.

You can learn more about staying heart smart by visiting the following websites:

- www.heart.org
- www.mayoclinic.org
- www.cdc.gov
- www.fda.gov

This newsletter is not intended to replace the recommendations made by your doctor and we encourage you to always speak with your doctor about your health concerns.