

CHANGE YOUR EATING HABITS

A low fat, low cholesterol meal plan will usually lower any elevated blood cholesterol levels.

- Decrease your daily fat intake. The best example is saturated fats. They are the culprits that increase the “bad cholesterol”.
- Add more fiber to your diet such as fruits, vegetables, whole grain breads and whole grain cereals.
- Leaner meats (not meats such as hamburger, bacon, poultry skin or sausage).
- Smaller portions
- Lower fat dairy products such as skim or 1% milk, egg substitutes or egg whites.

CARDIOVASCULAR DISEASE IS THE #1 CAUSE OF DEATH IN THE UNITED STATES. IT AFFECTS MILLIONS OF AMERICANS AND IS A PREVENTABLE DISEASE.

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For More Information please contact Skidmore College Dining Services.

Phone: 518-580-5550

[HTTP://CMS.SKIDMORE.EDU/DININGSERVICE/INDEX.CFM](http://cms.skidmore.edu/diningservice/index.cfm)



CHOLESTEROL & A HEALTHY HEART

Nutritional Information

Skidmore College

HOW CAN I CONTROL MY CHOLESTEROL?



<http://cholesterolowered.com/wp-content/uploads/2009/12/food1-300x234.jpg>

- Control your diet and get rid of all the unnecessary saturated fats.
- Maintain a healthy weight
- Exercise for at least 30 minutes a day, up to 4 times a week. Cardiovascular exercise is the best method.

HDL Cholesterol- When your cholesterol is measured this is the part that carries the cholesterol away from your heart. This is referred to “good cholesterol”.

LDL Cholesterol- When your cholesterol is measured this is the part that carries the cholesterol to your arteries causing build-up. This should be less than 100 mg/dL. This is referred to as “bad cholesterol”.

The National Institute of Health recommends that total cholesterol levels be 200mg/dL or below, with specific thresholds for each kind of cholesterol.

CHOLESTEROL



<http://www.goodcholesterolfoods.net/>

Cholesterol is a white, waxy fat found naturally in your body that is used for many important functions. When there is too much in the blood it can build up and clog arteries, causing blockage of blood to the heart. Ideally, everyone over 20 years old should know what their blood level of cholesterol is, especially if there is a family history of heart disease or other medical concerns.