

What you can do to your Cholesterol

Balance:

You want to keep your LDL (bad) as low as possible
You want your HDL (good) to be as high as possible

How to lower your LDL

- Be more active
- Watch what you are eating, reduce the intake of foods high in saturated and trans fats
- Eat more fibre from vegetables, fruit and whole grains
- Do not smoke and stay away from second hand smoke
- If you need to, follow up with your doctor

How to improve your HDL

- Be as active as possible
- Make sure you get lots of Omega-3 foods like: nuts, olive and canola oils, fish oils, omega eggs and flax seed
- Make sure you get lots of niacin (vitamin B3) rich foods like: enriched cereals and pastas, brown mushrooms, sunflower and sesame seeds, and salmon
- Do not eat trans fats and do not smoke, they kill HDL molecules



TARGET LEVELS (FOR HIGH SCHOOL STUDENTS)

- HDL/ non-HDL ratio
• should be more than 0.22
- TC/HDL ratio
• should be less than 5.78

NOTE:
LDL and TG (bad cholesterol and triglycerides)
can only be done with fasting blood tests and
are not done in the school.
Non-HDL are all of the cholesterol molecules
that are not HDL.

