

Questions to Ask Your Doctor

What are my ideal numbers for HDL, LDL, and Triglycerides?

Can a change in diet affect my heart health?

What kind of exercise helps lower cholesterol?

How important are triglyceride levels?



guide to

Heart Health

Triglycerides, the most common type of fat in the body, and cholesterol, a fat-like substance in the body, are important for normal body function but too much can lead to heart disease and stroke.

Cholesterol is made up of “good” high-density lipoprotein (HDL) and “bad” low-density lipoprotein (LDL). A simple way to remember ideal numbers is 50-100-150 for HDL, LDL and triglycerides.

What Color Is Your Diet?

Nutritionists advise eating a rainbow of fruits and vegetables daily to help lower triglycerides and cholesterol. Aim for five-to-nine servings depending on your age and gender:

Red: beets, peppers, red potatoes, radishes, cherries, pink grapefruit

Orange/Yellow: apricots, lemons, peaches, corn, squash, peppers

Green: artichokes, avocados, green onions, limes, kiwi, honeydew

Blue/Purple: blackberries, eggplant, plums, figs

White: onions, turnips, ginger, garlic, mushrooms



TEST YOUR TRIGLYCERIDES IQ

True or False...

1. Triglycerides in the blood come from fats eaten in foods or made in the body from other energy sources.
2. Triglycerides help the body get rid of excess calories.
3. A good way to lower triglycerides is by eating fish high in omega-3 fatty acids.

Answers: 1. True. 2. False. Excess calories are converted to triglycerides and stored in fat cells. 3. True. Fatty fish like mackerel, lake trout, herring, sardines, albacore tuna and salmon are high in omega-3 fatty acids.

Five Ways To Sneak In Exercise

- Take the farthest spot in the parking lot.
- Carry one bag or item at a time from your car to the house or from downstairs to upstairs.
- Dance your house clean.
- Lose the remote.
- Move with the phone.

Surprising Tips For Lowering Cholesterol

1. **Eat pistachios.** Pistachios are a rich source of phytosterols; plant- or fruit-derived compounds believed to reduce blood cholesterol. A study published in the Journal of the American College of Nutrition showed eating enough pistachios daily to account for 15% of calories can improve cholesterol levels after four weeks.
2. **Adopt a pet:** Research shows that pet owners have lower cholesterol and blood pressure.

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