

Classification of Blood Cholesterol Levels & Strategies to Improve Them

Total Cholesterol <u>< 200 mg/dL</u> 200-239 mg/dL ≥ 240 mg/dL	<u>Desirable</u> Borderline High High	
Low Density Lipoprotein (LDL) <u>< 100 mg/dL</u> 100-129 mg/dL 130-159 mg/dL 160-189 mg/dL 190 mg/dL or greater	(The <u>L</u>ousy “Bad Guy”) <i>It’s best to keep <u>LDLs</u> <u>Low</u>!</i> <u>Optimal</u> (goal if you already have heart disease or diabetes) Near Optimal (goal if you <i>don’t</i> have heart disease or diabetes) Borderline High High Very High	Dietary tips to lower LDL: <ul style="list-style-type: none"> • Reduce saturated and trans fat (< 7% of total calories). • Reduce cholesterol (< 200 mg/day). • Increase soluble fiber (10-25 g/day). • Include plant stanols/sterols (2 g/day). • Increase soy protein (25 g/day). • Increase physical activity (accumulate at least 30 minutes a day). • Achieve or maintain a healthy weight.
High Density Lipoprotein (HDL) <u>60+ mg/dL</u> ≥40 mg/dL (in men) and ≥50 mg/dL (in women) < 40 mg/dL (men) and < 50 mg/dL (women)	(The <u>H</u>ealthy “Good Guy”) <i>It’s best to keep <u>HDLs</u> <u>High</u>!</i> <u>High</u> (protective) Normal Low (high risk)	Dietary tips to raise HDL: <ul style="list-style-type: none"> • Reduce trans fat. • Increase monounsaturated fat (<u>IN PLACE OF</u> excess saturated fat and refined carbohydrate). • Moderate alcohol consumption. • Achieve or maintain a healthy weight. • Increase physical activity. • Don't smoke.

Classification of Blood Triglyceride Levels & Methods to Improve Them

Triglycerides <u>< 150 mg/dL</u> 150-199 mg/dL 200-499 mg/dL ≥ 500 mg/dL	<u>Normal</u> Borderline High High Very High	To lower Triglycerides: <ul style="list-style-type: none"> • Reduce saturated fat and cholesterol. • Increase monounsaturated fat (<u>IN PLACE OF</u> excess saturated fat and refined carbohydrate). • Increase omega 3 fats. • Achieve or maintain a healthy weight. • Increase physical activity. • Avoid alcohol. • Don't smoke.
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