



## **EAT SMART *for Heart Health***

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***For good health,  
exercise  
regularly and  
eat foods low  
in fat and  
cholesterol.***



### **Reduce your Cholesterol**

Cholesterol is a waxy substance. It is present in the body and body cells of humans and animals. Our bodies produce cholesterol. But it is also found in some of the foods we eat.

There are two sources of cholesterol:

- **Foods containing fats rich in cholesterol.** These are foods of animal origin including meats, bacon, sausages, eggs, lard, dairy cream, ice cream, whole milk, and most cheeses.
- **Our own body.** Our body can produce cholesterol using fats we eat in excess. These fats can be vegetable oil, margarine, mayonnaise, salad dressings, fried foods, pastries, peanut butter, or any food rich in fats.

When we limit the amount of fats we eat, we also reduce our cholesterol. This helps reduce the risk of heart disease as well as the risk of gaining weight and developing some types of cancer.

### **Use Less Fats and Cholesterol**

- Skin chicken, trim and discard fat from beef and other meats.
- Boil, bake, roast, and broil meats and other foods instead of frying.
- If you use margarine, butter and other fat-rich spreads on toast and sandwiches, use “lowfat,” “diet,” or “nonfat.” Avoid buying margarines that have coconut or palm oil.
- When buying cooking oil, choose safflower, corn or canola, and use it in small quantities.
- Use lemon juice for the salads or non-fat low-fat dressings and spreads.

**For more information  
contact:**

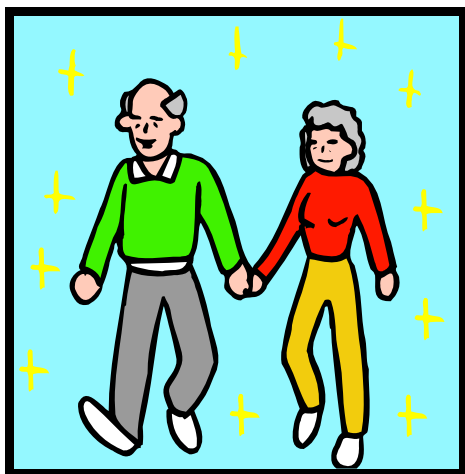
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# Aim to Keep Your Cholesterol **UNDER 200**

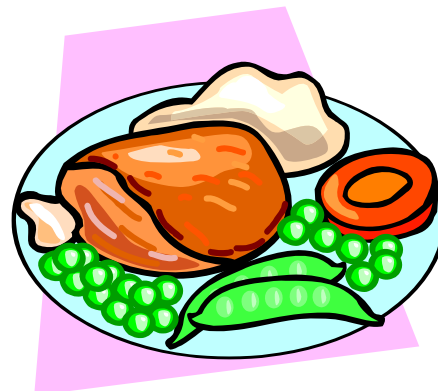
Your body makes all the cholesterol you need to keep you healthy. When you eat foods high in saturated fat and cholesterol, your body can make too much cholesterol. Over time, this extra cholesterol can clog your arteries. You are then at risk for having a heart attack.

## Protect your health

- A blood cholesterol under 200 is desirable. Good for you! Be active. Eat foods low in saturated fat and cholesterol.



- If your number is 240 and over, you have high blood cholesterol. **DANGER!** You have a higher risk for a heart attack. Work with your doctor to lower it.



- If your number is between 200 and 239, you have a borderline-high blood cholesterol. Be alert! You are at risk for a heart attack. You need to be more active and make some changes in the foods you eat. Eat fewer foods high in saturated fat and cholesterol.

