

Cholesterol Info Sheet

Cholesterol comes from foods and is also produced in the liver. There are 3 main types:

1. LDL “bad cholesterol” is produced in the liver based on what we eat
2. HDL “good cholesterol” is produced in the body and works to clear extra cholesterol from our cells
3. Triglycerides(TG) are found in foods we eat.

A high total cholesterol level (>200mg/dl on a routine spot check in the office) can lead to high blood pressure, heart disease and arteriosclerosis (clogged blood vessels) and eventually heart attacks and strokes.

Risk factors that lead to high cholesterol are having a family history of high cholesterol, low HDL level, high LDL, high TG levels, lack of physical activity, hypertension, smoking cigarettes, diabetes, being overweight or having BMI >85%. Diets that are low in cholesterol and saturated fat can reduce the risk of heart disease later in life.

Total Cholesterol Levels in Kids:

Acceptable <170

Borderline 170-199

High >200

If you or your child has a high cholesterol level, the best initial treatment is to

- be more active/exercise
- reduce the amount of TV and other screen time to less than 2 hrs/day
- decrease the amount of cholesterol that is eaten each day.

Goals for the diet are:

Cholesterol <300mg/day

Total Fat: <30% of caloric intake

Saturated fat: <7% of caloric intake



Foods that typically have high cholesterol levels are **eggs, beef, butter, bacon, palm oil, coconut oil, hot dogs, shrimp, pork, potato chips, whole milk, cheese, ice cream, many baked goods, fast foods, fried foods.**



Foods that tend to help cholesterol levels are **oatmeal, beans, lentils, nuts, granola, salmon, tuna, fruits, vegetables, olive oil, skim milk.**

All restaurants are required to have nutritional information available – ask for cholesterol info or check for info listed on the internet. Read nutrition labels on foods you buy at the grocery store. Some websites to check out are:

www.caloriecountercharts.com

www.fnics.nal.usda.gov/food-composition

Special Note: Low cholesterol/low fat foods including skim milk are not appropriate for children under the age of 2 years due the rapid growth and brain/nervous system development occurring at this younger age.