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# Cholesterol Definitions

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## Total Cholesterol

A fat-like substance that is made by the body and is in food made from animal substances. It is needed for body functions but high blood levels can increase heart disease risk.

## LDL-Cholesterol

A form of cholesterol in the blood that transport cholesterol *to* the cells to be stored. High blood levels of LDL-cholesterol increase risk for coronary-artery disease.

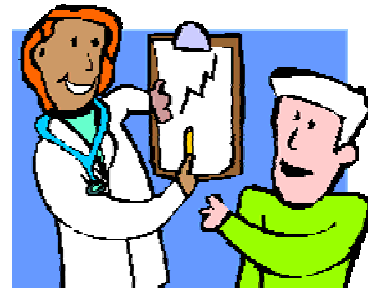
## HDL-Cholesterol

A form of cholesterol in the blood that transports cholesterol *away* from the cells for disposal out of the body. High blood levels of HDL-cholesterol protect the body from coronary-artery disease.

## Triglycerides

The form of fat found in the body and in food. When triglycerides are high in the blood, risk for coronary-artery disease seems to go up.

# Do You Know What Your Cholesterol and Triglyceride Numbers Should Be????

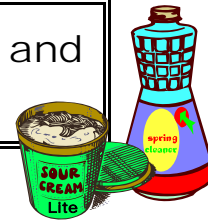


The National Cholesterol Education Program Recommendations:

Total Cholesterol	Less than 200 mg/dl
LDL-Cholesterol	Less than 100 mg/dl
HDL-Cholesterol	Women: over 50 Men: over 50
Triglycerides	Under 150



## Ways to Cut Back on Saturated Fat and Cholesterol



- Use 1/4 egg substitute or 2 egg whites for each whole egg
- Use non-stick vegetable sprays
- Use oil instead of shortening, butter or margarine
- Use reduced fat condensed cream soups
- Use low fat cheese
- Use skim or reduced fat milk, sour cream or yogurt
- Mix lite mayonnaise half and half with yogurt
- Trim fat from meat and poultry



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