

## What You Know About Your Cholesterol

Cholesterol is made up of five major components, but it is mostly LDL, HDL and triglycerides which matter. LDL is called "bad cholesterol" and HDL is called "good cholesterol".

How often do I need to have my cholesterol checked!

As cholesterol directly increases risk for having heart attack so it's important to know your numbers. Cholesterol should be checked every 5 years for anybody over the age 20. If your cholesterol is more than 200 then you need to speak with your doctor.

If your cholesterol is high, your doctor might start you on some medicine, but you can improve your cholesterol with your life style modification.

### What Can I do to lower my cholesterol!

- Exercising 120 minutes per week or burning 900 cal per week can lower you LDL by 10% and raise your HDL by 10%.
- Eating nuts [up to 2oz] daily will increase your HDL and lower your LDL and triglyceride.
- Eat low fat diet, use olive, canola or vegetable oil for cooking. Eat low fat diet.
- Eating more soy proteins lowers LDL, average consumption should be 2 oz daily.
- Consuming 6 oz fish /week or fish oil supplement lowers triglycerides.
- Consuming small amount alcohol also improves your good cholesterol.
- Combined effect of low fat diet with exercise can lower you bad cholesterol up to 15% and raise your good cholesterol by 15%.