Top Foods to Lower Cholesterol

Garlic
Oats
Beans
Nuts
Citrus Fruits
Avocado

For more information, call (816) 404-3320 or email chsi@uhkc.org.
What is cholesterol?

Cholesterol is a waxy substance. It’s not inherently “bad”, in fact, your body needs it to build cells. But too much cholesterol can pose a problem. Cholesterol comes from two sources. Your liver makes all the cholesterol you need. The remainder of the cholesterol in your body comes from foods derived from animals. For example, meat, poultry and full-fat dairy products all contain cholesterol, called dietary cholesterol.

Why Cholesterol matters..

Cholesterol circulates in the blood. As the amount of cholesterol in your blood increases, so does the risk to your health. That’s why it’s important to have your cholesterol tested, so you can know your levels.

![Diagram showing normal and narrowed artery walls with cholesterol buildup.]

Check, Change and Control

When it comes to cholesterol levels, always remember:

- **Check** your cholesterol levels. It’s key to know your numbers.
- **Change** your diet and lifestyle to help improve your levels.
- **Control** your cholesterol, with help from your doctor if needed.

### National Cholesterol Guidelines

<table>
<thead>
<tr>
<th></th>
<th>Desirable</th>
<th>Borderline High</th>
<th>High</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Cholesterol</td>
<td>Less than 200</td>
<td>200 - 239</td>
<td>240 and higher</td>
</tr>
<tr>
<td>LDL Cholesterol (the “bad” cholesterol)</td>
<td>Less than 130</td>
<td>130 - 159</td>
<td>160 and higher</td>
</tr>
<tr>
<td>HDL Cholesterol (the “good” cholesterol)</td>
<td>50 and higher</td>
<td>40 - 49</td>
<td>Less than 40</td>
</tr>
<tr>
<td>Triglycerides</td>
<td>Less than 200</td>
<td>200 - 399</td>
<td>400 and higher</td>
</tr>
</tbody>
</table>

High Cholesterol  No Cholesterol

Those same foods are high in saturated and trans fat. Those fats cause your liver to make more cholesterol than it otherwise would. For some people, this added production means they go from a normal cholesterol level to one that’s unhealthy. It is important to understand also that high cholesterol can also be genetic.