

## Cholesterol! Do I Need to Worry?

### What is Cholesterol?

Cholesterol is a fatty substance found in our bloodstream. However if the levels are too high it becomes a problem. There are two types of cholesterol:

- good cholesterol (HDL) and
- bad cholesterol (LDL)

LDL cholesterol clogs the blood vessels as fatty lumps. HDL cholesterol tries to clear it. These fatty lumps can trigger clots and blockages causing heart attacks, stroke or loss of limbs.

### What Can I do to reduce my cholesterol?

You can reduce your LDL levels by eating:

- Less foods with saturated fats (fatty meats, sausages, palm oil)
- Some foods with polyunsaturated and monounsaturated fats (i.e. olive or canola oil)
- More fruit, vegetables and wholegrain bread and cereals
- Less food containing cholesterol.
- Choosing foods with less than 10g of fat per 100grams (see label reading)

### What should my lipid levels be?

Total Cholesterol	Under 4 mmol/L
Triglycerides	Under 1.5 mmol/L
HDL (good)	Over 1 mmol/L
LDL (bad)	Under 2.0 mmol/L

### Need more Information

Local Doctor

Heart Foundation [www.heartfoundation.org.au](http://www.heartfoundation.org.au)