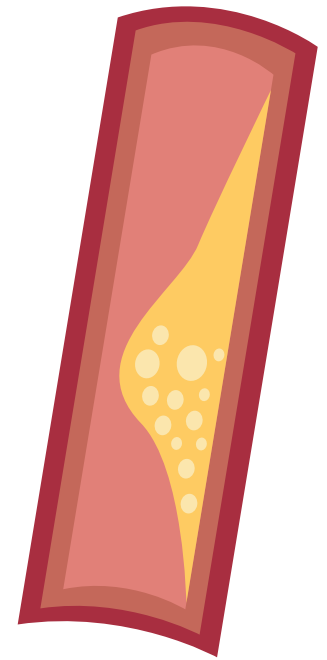
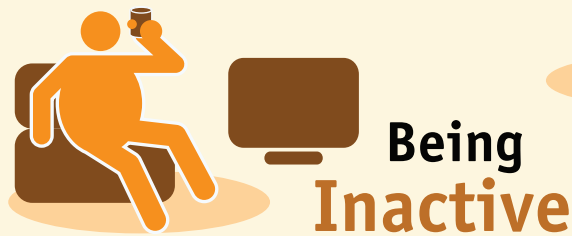


What is CHOLESTEROL?

▶ A **fat-like substance** in your blood. Too much cholesterol can **clog your arteries** and lead to heart attack or stroke.



What Causes HIGH CHOLESTEROL?



FOOD TIPS

✓ **HDL-RAISING:**
Olive oil, avocados, walnuts
LDL AND TRIGLYCERIDE-LOWERING:
Oatmeal, apples, oranges, salmon, tofu

✗ **LDL-RAISING:**
Egg yolks, fatty meats, shellfish, dairy products, processed snacks
TRIGLYCERIDE-RAISING:
Excessive drinking, simple carbs/starches, sugars, animal products
What raises LDL can also raise Triglycerides.

How is it TREATED?



▶ For more information, visit CardioSmart.org/Cholesterol

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