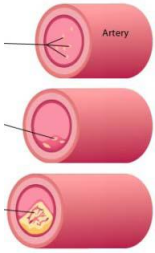


HDL (High Density Lipoprotein)

What is it?

- **HDL/High Density Lipoprotein**– Good Cholesterol, can help protect you against a heart attack or stroke, HDL carries cholesterol from the body's tissues to the liver, low levels of HDL can increase the risk of heart disease
 - **HDL Levels**- < 40 mg/dL is high risk for heart disease, 40-59 mg/dL is less risk for heart disease, 60 mg/dL is desirable; when we measure the HDL, we measure how vigorously his blood vessels are being scrubbed free of cholesterol
 - **Cholesterol**- lipid or fat in the blood, if high can lead to a heart attack or stroke, tends to rise as we get older, detected by a blood test
 - **How to Increase Your HDL**- **Aerobic Exercise** (walking, jogging, bike riding for 20 to 30 minutes per day); duration of exercise rather than the intensity; **Lose Weight** especially if the excess is around the abdominal (waist & hip area), men look like apples & women look like pears; **Stop Smoking**; **Cut Out the Trans Fatty Acids** & on the label it has partially hydrogenated vegetable oils; **1 to 2 Drinks of Alcohol per Day** can increase HDL levels but more than 2 can lead to substantial health problems including heart failure; **Increase Monounsaturated Fats**- canola oil, olive oil, avocado oil, soybean oils, peanut butter; add **Soluble Fiber**- oats, fruits, vegetables, legumes- at least 2 or more servings a day; **Increase**- cranberry juice, fish & other foods containing **Omega 3 Fatty Acids**- salmon, mackerel, lake trout, herring, albacore tuna, sardines, scallops, swordfish, walnuts, flax seeds, soybeans, navy & kidney beans, halibut, shrimp, tofu, snapper, scallops, winter & summer squash, raspberries, strawberries, broccoli, cauliflower, green beans, romaine lettuce, collard greens, wheat germ, free-range beef & poultry



What can I do?

- **See your Health Care Provider**- for more information
- **See a Registered Dietitian**- for help as needed
 - **Recommend**- eating fish 2-3 times per week
 - **Goal- 4 grams of Omega 3 Fats/day**- ¼ cup-Flax Seeds/7 gm, Walnuts/2.3 gm, 4 oz. Salmon/2.1 gm, Sardines/1.8 gm, Scallops/1.1 gm, Halibut/0.6 gm., Shrimp/0.4 gm, Snapper/0.6 gm, Tuna/0.3 gm, Cod/0.3 gm, Mackerel/2.2 gm, Swordfish/1.7 gm, Crab-0.6/gm, Bluefish/1.7 gm., 1 cup-Winter Squash/0.3 gm, Kidney Beans/0.3 gm,

