Cholesterol Definitions

**Total Cholesterol**
A fat-like substance that is made by the body and is in food made from animal substances. It is needed for body functions but high blood levels can increase heart disease risk.

**LDL-Cholesterol**
A form of cholesterol in the blood that transport cholesterol to the cells to be stored. High blood levels of LDL-cholesterol increase risk for coronary-artery disease.

**HDL-Cholesterol**
A form of cholesterol in the blood that transports cholesterol away from the cells for disposal out of the body. High blood levels of HDL-cholesterol protect the body from coronary-artery disease.

**Triglycerides**
The form of fat found in the body and in food. When triglycerides are high in the blood, risk for coronary-artery disease seems to go up.
Do You Know What Your Cholesterol and Triglyceride Numbers Should Be???

The National Cholesterol Education Program Recommendations:

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Cholesterol</td>
<td>Less than 200 mg/dl</td>
</tr>
<tr>
<td>LDL-Cholesterol</td>
<td>Less than 100 mg/dl</td>
</tr>
<tr>
<td>HDL-Cholesterol</td>
<td>Women: over 50</td>
</tr>
<tr>
<td></td>
<td>Men: over 50</td>
</tr>
<tr>
<td>Triglycerides</td>
<td>Under 150</td>
</tr>
</tbody>
</table>

Ways to Cut Back on Saturated Fat and Cholesterol

- Use 1/4 egg substitute or 2 egg whites for each whole egg
- Use non-stick vegetable sprays
- Use oil instead of shortening, butter or margarine
- Use reduced fat condensed cream soups
- Use low fat cheese
- Use skim or reduced fat milk, sour cream or yogurt
- Mix lite mayonnaise half and half with yogurt
- Trim fat from meat and poultry

The University of Georgia and Ft. Valley State University, the U.S. Department of Agriculture and counties of the state cooperating. Cooperative Extension, the University of Georgia Colleges of Agricultural and Environmental Sciences and Family & Consumer Sciences offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, gender or disability.

An Equal Opportunity Employer/Affirmative Action Organization
Committed to a Diverse Work Force

Publication # FDNS-E-89-2 Reviewed by Connie Crawley MS, RD, LD 2013