

Cholesterol Facts

Cholesterol is a kind of fat in your blood. Among other things, it helps produce hormones and acids to digest fat in your body.

You only need a small amount of cholesterol in your blood.

- ◆ Cholesterol is found in foods like meat, dairy, and eggs.
- ◆ High cholesterol causes heart and blood vessel problems. This can lead to complications and heart attacks.

With diabetes, you're more likely to get complications if your cholesterol (both LDL and HDL) is too high.

Types of cholesterol

- ⇒ **LDL** is known as “bad” cholesterol because it’s the one that builds up in your arteries. **Goal <100**
- ⇒ **HDL** is “good” cholesterol because it helps flush cholesterol out of the body. **Goal >40**
- ⇒ **Triglycerides** are a kind of fat that helps our bodies to function properly. **Goal <150**

If you have high cholesterol

- ⇒ Eat foods low in fat and high in fiber
- ⇒ Be physically active every day
- ⇒ Take your cholesterol medicine, if prescribed

Some foods to choose

- ⇒ Lean meats (baked chicken, baked fish, and lean beef)
- ⇒ Egg whites
- ⇒ Beans (rinse them, if they're canned)
- ⇒ Non- or low-fat milk, cheese, and yogurt