Cholesterol and Your Heart

A Guide for Patients/Families

Department of Nutrition and Food Services
High blood cholesterol is one of the major risk factors for heart disease. Over time, extra cholesterol in the blood sticks to the walls of your blood vessels. If too much cholesterol sticks, it can block the flow of blood. It can cause a heart attack.

**What Is Cholesterol?**

A soft fat like substance that travels in the blood. Your body needs some cholesterol to work well, but not too much.

**Are you at risk?**

Some of us have more chance (or risk) of getting heart disease than others. The more risk factors you have, the greater your chances of developing heart disease or having a heart attack. Some of these risks can be modified and you can do something about them. Some you cannot change.

**Modifiable risk**

- Diet containing high cholesterol and saturated fats
- High LDL cholesterol
- Low HDL cholesterol
- High triglycerides
- Increased weight
- Sedentary life style
- Smoking
- High blood pressure

**Others**

- Age
- Gender: Male
- Family history
How many types of cholesterol are there?

Cholesterol can be classified into three main categories:

**Total cholesterol**: the sum of all the cholesterol in your blood. When your total cholesterol is high, your risk of heart disease goes up.

**LDL cholesterol**: is dangerous when levels are high. LDL cholesterol is what builds up in your arteries and may block the flow of the blood.

**HDL cholesterol**: the good form of cholesterol that helps protect against heart disease.

A simple blood test will tell you what your cholesterol level is.

**How can I lower my blood cholesterol?**

Lowering your risk for heart diseases means adopting healthy lifestyle habits. Here are some tips to lower your cholesterol.

<table>
<thead>
<tr>
<th>Do Use</th>
<th>Do not Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fish, dals, and beans</td>
<td>Beef and mutton.</td>
</tr>
<tr>
<td>Egg whites</td>
<td>Whole egg</td>
</tr>
<tr>
<td>Skimmed milk and low-fat milk products</td>
<td>Whole-milk and whole-milk products</td>
</tr>
<tr>
<td>Plain low-fat yoghurt, cottage cheese</td>
<td>Cream and mayonnaise</td>
</tr>
<tr>
<td>Low-fat cheese</td>
<td>Regular processed cheese</td>
</tr>
<tr>
<td>Whole-wheat bread, roties made from whole-wheat flour (chakki ka atta), whole-grain cereals</td>
<td>White bread, white rice, refined cereals, roties made with white flour (maida)</td>
</tr>
<tr>
<td>Baked, steamed, boiled foods</td>
<td>Fried foods</td>
</tr>
<tr>
<td>Sunflower, corn, canola, soybean, olive oils</td>
<td>Cooking with butter/ghee</td>
</tr>
<tr>
<td>Choose low-fat unsalted snacks and popcorn</td>
<td>Salted potato chips, and other salty and fried snacks.</td>
</tr>
</tbody>
</table>
Follow this guide for selecting foods low in saturated fat and cholesterol:

- Buy whole grain varieties for extra fibre and nutrients;
- Replace sweet baked goods such as pastries and doughnuts with fruits and vegetables;
- Try to eat 3-5 servings of vegetable and 2-4 servings of fruit per day;
- Take low-fat or skimmed milk;
- You can take yogurt but it should also be low in fat;
- Avoid hard cheese, use low-fat cheese;
- Eat fish at least twice a week;
- Eat chicken without skin;
- Plan meals around dry beans and/or peas as they are a good source of soluble fiber, which can help lower cholesterol;
- Remember that egg yolk and saturated fats are often used in bakery products;
- Replace saturated fats (such as ghee, butter and margarine) with unsaturated fats (such as canola oil, olive oil, etc)

Outpatient Nutrition Care Clinics

**Nazerali walji building (NW 2)**
Phone: (021) 3486-5789/ 3486-5790
Monday to Thursday
Timings: Morning 9.00am -11.00am

**Consulting Clinic (CC 4)**
Phone: (021) 3486-1034
Friday
Timings Evening 14.00pm - 16.00pm

**Sports & Rehabilitation Clinic (Sports Centre)**
Phone: (021) 3486-1662
Tuesday
Timings: Morning 9.00am -11.00am

**Nazerali walji building (NW 1)**
Phone: (021) 3486-5781-82
Monday to Thursday
Timings: Morning 9.00am -4.00pm

ICN # S-216801       July 2018