

# Cholesterol and Your Heart

A Guide for Patients/Families



Department of Nutrition and Food Services



آغا خان یونیورسٹی ہسپتال، کراچی

The Aga Khan University Hospital, Karachi



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 modifiable risks can be reduced by changing your food in take.

## Modifiable risk

- Food Intake
- Physical activity
- Body weight
- Blood pressure
- Stress
- Smoking and alcohol consumption



Smoking



Stress



Alcohol

Hypertension



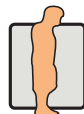
Drug Abuse

High Cholesterol



## Others

- Age
- Gender : Male
- Family history



Age



Obesity



Gender



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 life style habits. Here are some tips to lower your cholesterol

Do Use	Do not Use
Fish,dals and beans	Beef and mutton.
Egg whites	Whole egg
Skimmed milk and low-fat milk products	Whole-milk and whole-milk products
Plain low-fat yoghurt, cottage cheese	Cream and mayonnaise
Low-fat cheese	Regular processed cheese
Whole-wheat bread, roties made from whole-wheat flour(chakki ka atta), whole-grain cereals	White bread, white rice, refined cereals,roties made with white flour (maida)
Baked, steamed, boiled foods	Fried foods
Sunflower, corn, canola,soybean, olive oils	Cooking with butter/ghee
Choose low-fat unsalted snacks and popcorn	Salted potato chips, and other salty and fried snacks.
Unsalted nuts (5-6 pieces)	Salted nuts and cocunuts

## 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;
- Yoghurt
- 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)

### Important Note:

Food provided during hospitalization to patients is disease specific and during stay food from outside hospital is not permitted. Written and verbal instruction related to dietary restrictions is explained by clinical nutrition staff, where applicable.

#### Outpatient Nutrition Care Clinics

**Nazerali walji building (NW 2)**

Phone: (021)486-5789/ 486-5790

Monday to Thursday

Timings: Morning 9.00am -11.00am

**Consulting Clinic (CC 4)**

Phone: (021)486-1034

Friday

Timings Evening 14.00pm - 16.00pm

**Sports & Rehabilitation Clinic (Sports Centre)**

Phone: (021)486-1662

Tuesday

Timings: Morning 9.00am -11.00am

**Body Composition Analysis (NW 2)**

Phone: (021)486-5789

Monday to Thursday

Timings: Morning 9.00am -11.00am