

What is Cholesterol?

Information about Cholesterol, LDL & what you can do to improve your Cholesterol Levels

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What is Cholesterol?

Information and helpful advice on Cholesterol, LDL & what you can do to improve your Cholesterol levels

- ◆ Cholesterol is a soft waxy substance (fat) that is produced by the Liver and other cells. It is essential for the normal functioning of the body.
- ◆ Not all Cholesterol is inherently bad. It forms part of all your body's cells, and is also used to make vitamin D and steroid hormones which keep your bones, teeth and muscles healthy.
- ◆ Cholesterol is transported in the bloodstream via tiny particles called Lipoproteins. You may have heard of HDL and LDL, but what is the difference?
HDL is High Density Lipoprotein
& LDL is Low Density Lipoprotein.



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- ◆ HDL is often referred to as 'good' Cholesterol, whereas higher levels of non-HDL (LDL, VLDL, IDL) cholesterol, are all associated with an increased risk of Coronary Heart Disease/ Stroke and CVD
- ◆ Your Total Cholesterol is a combination of your 'good' Cholesterol (HDL) and your 'bad' Cholesterol (non-HDL) as mentioned above. You can have your Cholesterol levels checked by your GP. The aim is to obtain a number of HDL greater than 1.0mmol/L & LDL under 2.0 mmol/L.
- ◆ Your LDL can be negatively impacted, if you: smoke, over-consume saturated fat/ free-sugars/ refined carbohydrates, are inactive/ sedentary, & / or if you are overweight.



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Does what I eat affect my Cholesterol?

As mentioned, our dietary habits do impact our Cholesterol profile.



By replacing dietary saturated fat with:

- Polyunsaturated fats
(PUFA's - Olive Oil, Olives, Nuts)
- Plant-based Mono-unsaturated fats
(MUFA's - Avocado's, Nut butter)
- Unrefined Carbohydrates
(Oatmeal, Quinoa, Whole wheat)

We can help to reduce LDL Levels and
Decreases Cardiovascular Disease Risk



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- ◆ To help reduce LDL Levels and therefore decrease Cardiovascular Disease Risk - the current weight of evidence to date (July, 2020), supports a diet that:
 - Is low in saturated fat (< 10% of calories)
 - Has it's dietary fat coming predominantly from unsaturated fats (See previous slide)
 - Contains enough fibre (38g Men | 25g Women)
 - Is low in free sugars/refined carbohydrate (sweets/ pastries)



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