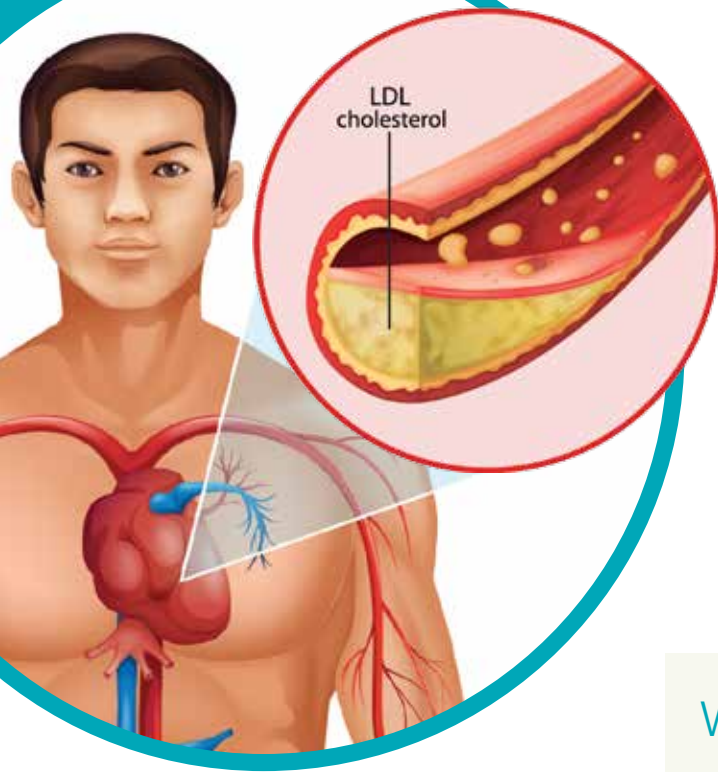


High Cholesterol



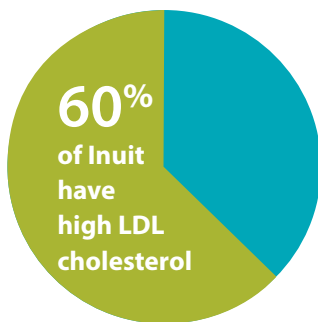
Let's learn about it

- Cholesterol is a type of fat that travels with blood through your body.
- There are two kinds of cholesterol:
 - Unhealthy or **LDL cholesterol**. It is sticky and can build-up in your arteries or veins. This can slow or block blood flow, like a dam in a river.
 - Healthy or **HDL cholesterol**. It picks up LDL cholesterol and keeps blood flow smooth and steady.
- High LDL cholesterol, high blood pressure, and diabetes can lead to heart attack and stroke.

What can cause high LDL cholesterol?

- Eating foods high in sugar or fat
- Drinking more than 2 drinks of alcohol per day (women) or 3 drinks of alcohol per day (men)
- Being overweight
- Not being physically active
- Taking certain medications (like steroids)
- Having family members with high cholesterol

Did you know?



Source: Inuit Health Survey, 2008

Let's learn what to do

Nutrition
tips



Eat foods with fibre everyday

- Fibre sticks to unhealthy fat and carries it out of your body when you poop.
- Eating a high fibre cereal every day is an easy way to get enough fibre. Oatmeal, bran flakes and bran sticks are all good choices.
- See the *Increasing Your Fibre* handout for more information.



✓ Limit foods high in cholesterol



Fast food



Liver, kidney, organ meats



Fat drippings (like bacon fat)



Lard



Whole milk, coffee cream



Frozen food with meat or gravy



Shrimp

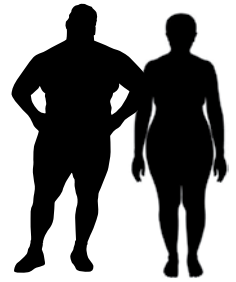
What about eggs?



- Eggs are part of a healthy diet. They have some LDL cholesterol, but have a lot of healthy nutrients like protein.
- Healthy ways to cook eggs are boiled or with a little oil.
- Cooking eggs in bacon fat or lard can raise LDL cholesterol.

✓ Limit high-fat, store-bought foods

- Fat in food provides fuel or energy.
- Unused energy turns into body fat, which will make you gain weight.
- Being overweight can raise LDL cholesterol.



✓ Add plant sterols to your diet

- Plant sterols stop LDL cholesterol in the foods you eat from getting into your blood.
- Most vegetable and canola oils have plant sterols.
- Cereals, beans, nuts and some margarines also have plant sterols.



Lifestyle tips

- ✓ Take medications prescribed by your nurse or doctor.
- ✓ Be physically active.
- ✓ Aim for a healthy body weight.
- ✓ Be tobacco-free. See *Tobacco Has No Place Here* on Facebook, or call the Nunavut QuitLine at 1-866-368-7848.



Date _____ Name _____

Healthcare Provider (Name) _____

