

Tips that Count

Wellness information for your journey to a healthier you!

Cholesterol Demystified

Cholesterol is one of several types of fats (lipids) that plays a key role in your body and your overall cardiovascular health. Our bodies make all the cholesterol we need, so to maintain our health we don't need to get any cholesterol from our foods. Eating animal foods only sends surplus saturated fat into our bodies, which increases our cholesterol levels.

Bad vs. Good Cholesterol

Low-density lipoprotein (LDL)—“bad” cholesterol—can form patchy deposits on the inside wall of arteries, much like lime can build up inside a house's plumbing. These waxy patches of cholesterol can narrow the arteries.

High-density lipoprotein (HDL)—“good” cholesterol—sops up excess cholesterol stores from the tissues before they can do any damage, and then carries these fats back to the liver where they are removed from the body.

The trick is to keep LDL cholesterol levels below 100 milligrams per deciliter of blood (100 mg/dL), while at the same time keeping HDL cholesterol levels above at least 40 mg/dL for men and 50 mg/dL for women.



All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness regimen.