Know Your Cholesterol

Many people with diabetes also have high cholesterol.

Cholesterol is a type of fat.

Foods that come from animals have cholesterol.

When you eat these foods, cholesterol gets into your blood.
Your body also makes cholesterol.

- Your body makes most of the cholesterol in your blood.

- Some people have too much cholesterol in their blood.

- This is called high cholesterol.
How do you get high cholesterol?

Most people have high cholesterol because:

- Their bodies make too much cholesterol.
- It runs in their family.

You can also get high cholesterol:

- By eating foods that are high in fat and cholesterol.
Having diabetes and high cholesterol increases your risk of heart attack and stroke.

- Over time, high cholesterol hurts your body by clogging up your blood vessels.

- Cholesterol can completely clog up your blood vessels and the blood will stop flowing.

- This can cause a heart attack or stroke.
When you have high cholesterol you won’t feel anything until blood vessels get completely clogged.

Since you won’t feel anything, the only way to know your cholesterol is to have your doctor check it.

Have your doctor check your cholesterol at least once a year.
There are 2 important cholesterol numbers.

1) LDL cholesterol

2) HDL cholesterol

**LDL cholesterol is BAD cholesterol.**

- LDL clogs your blood vessels.
- Think of LDL as the trash that clogs your blood vessels.

**HDL cholesterol is GOOD cholesterol.**

- HDL helps remove LDL from your blood vessels.
- Think of HDL as the garbage truck that picks up the trash.
Your Goal is to:

Keep your **LDL** lower than 100.

Keep your **HDL** higher than 40.

How can you keep your LDL lower than 100 and your HDL higher than 40?

1) Eat less fat and cholesterol

2) Exercise

3) Take your medicine
How to eat less fat and cholesterol

Instead of:

- Egg yolks
- Whole milk
- Butter or margarine

Choose:

- Egg whites or egg substitute
- Fat-free skim or 1% milk
- Vegetable Oil
How to eat less fat and cholesterol

Instead of:

Hot dogs, sausage, bacon

Choose:

Fresh meats

Instead of:

Whole milk cheese

Choose:

Part skim, low fat cheese

Instead of:

Fried chicken with skin

Choose:

Baked, broiled, or grilled chicken without skin
How to eat less fat and cholesterol

Here are more tips:

• Trim all the fat you can see from meat before cooking.
• Don’t have more than 2 egg yolks each week.
• Avoid foods with cream sauces and gravy.
• Choose “lean” or “extra lean” ground meat.
• Choose ground turkey rather than ground beef.
• Eat more fruits, vegetables, beans and whole grains.
Exercise will help to increase your HDL, or *good* cholesterol.

You should exercise every day to keep your cholesterol under control.

Talk with your doctor to see what type of exercise is right for you.
Remember: your body makes most of the cholesterol in your blood.

So even if you are doing all the right things, you may need medicine to reach your cholesterol goal.

If your doctor prescribes medicine, make sure you take your pills every day. If you stop taking your medicine, your cholesterol will quickly go back up.
Your Cholesterol Goal:

Keep your **LDL lower than 100**.

Keep your **HDL higher than 40**.

Have your doctor check your cholesterol at least once a year.