

THINGS YOU SHOULD KNOW ABOUT LIPIDS (CHOLESTEROL)

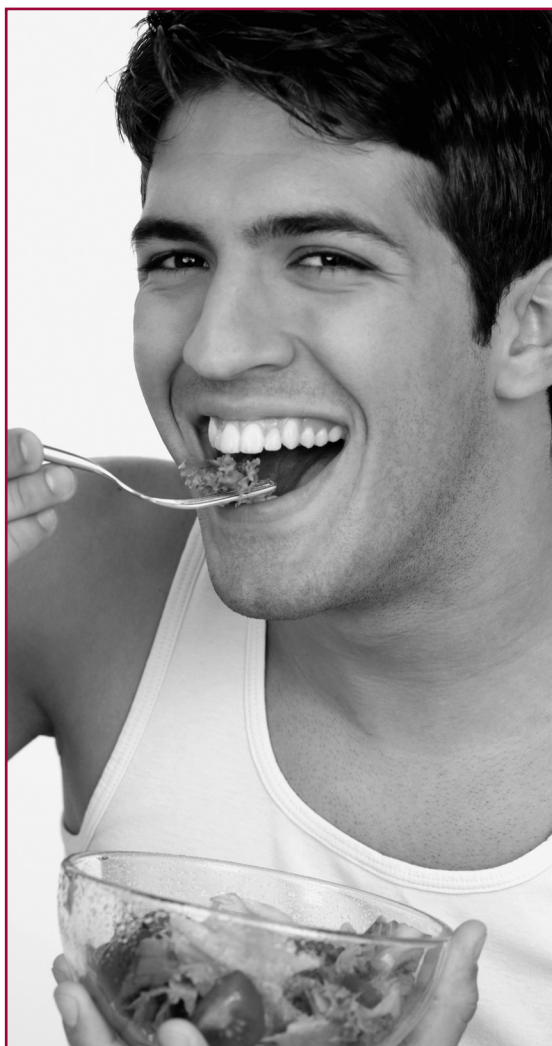
In the Clinic
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Lipids (cholesterol) are fatty substances in the blood. Lipids can build up and clog blood vessels, which contributes to heart attack, stroke, or other forms of heart disease. There are several types of lipids that affect health: Your LDL cholesterol is a bad type of cholesterol, whereas the HDL cholesterol is a good type that removes cholesterol build up.

Ideal lipid levels and the need to control lipid levels depend on whether a person is at greater risk for heart attacks or strokes. This risk is increased for diabetes, high blood pressure, tobacco use, family history of heart disease, or other factors that increase risk for heart attack and stroke. Talk about your lipid levels with your doctor.

Things You Can Do to Control Lipids

- Keep body weight normal (BMI, 18.5 to 24.9 kg/m²).
- Get fewer than 25% to 35% of your daily calories from fat, less than 7% of your calories from saturated fat, and less than 200 mg of cholesterol per day.
- Eat a diet that contains more plant-based foods (vegetables, fruits, grains) than animal-based foods (meat, dairy, eggs).
- Exercise at least 30 minutes on most days of the week.
- Avoid all forms of tobacco.
- Drink no more than 1 to 2 alcoholic beverages per day.



For More Information

Web Sites With Good Information About Lipids

www.nlm.nih.gov/medlineplus/cholesterol.html
MedlinePLUS

www.americanheart.org/presenter.jhtml?identifier=4488
American Heart Association

www.nhlbi.nih.gov/chd/why.htm
www.nhlbisupport.com/chd1/S2Tipsheets/foodgroup.htm
National Heart, Lung, and Blood Institute

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