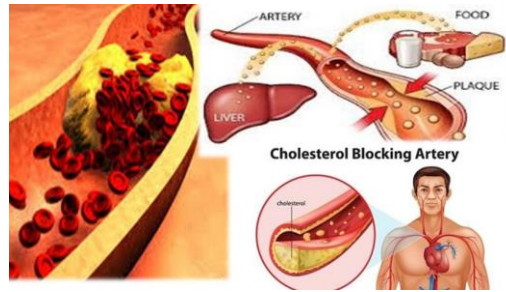


Hyperlipidemia

What is hyperlipidemia?

A condition in which there are high levels of fat particles (lipids) in your blood. These particles can deposit into your arteries (the blood vessels that carry blood away from the heart) and restrict blood flow. When blood flow is restricted, the risk for a heart attack and stroke increases.



COMMONLY CALLED: high cholesterol

The normal range of total cholesterol for an adult (20 years or older): >200 mg/dL

Types of lipids:

- LDL cholesterol – the “bad” cholesterol that builds up inside the arteries.
- HDL cholesterol – the “good” cholesterol that lowers the risk for heart disease.
- Triglycerides – another type of fat in the blood.
- Total cholesterol – combination of all three numbers (LDL, HDL, Triglycerides).

What causes hyperlipidemia?

Cholesterol is a type of fat (lipid) in your blood. Your cells need cholesterol, and your body makes all it needs. But you also get cholesterol from the food you eat.

The most common foods include:

- Cheese
- Egg yolks
- Fried and processed foods
- Red meat

What affects cholesterol levels?

Many things can affect cholesterol levels, including:

- **The foods you eat.** Eating too much saturated fat and trans fats can raise your cholesterol.

- **Being overweight.** This may lower HDL ("good") cholesterol.
- **Being inactive.** Not exercising may lower HDL ("good") cholesterol.
- **Age.** Cholesterol starts to rise after age 20.
- **Family history.** If family members have or had high cholesterol, you may also have it.

How is hyperlipidemia **diagnosed**?

Your doctor should check your lipid levels regularly. The American Heart Association recommends that adults aged 20 years or older should have their cholesterol checked every 4 to 6 years. Tests that may be done include:

- *Routine blood tests regularly*
 - Lipoprotein panel – blood test for lipid levels.

How is hyperlipidemia **treated**?

- *Change your eating habits:*
 - Choose foods low in trans fats and saturated fats , like:
 - Avocado
 - Vegetable oils: canola, olive, peanut, safflower, sunflower, corn, soybean, cottonseed, sesame, and flaxseed oil.
 - Salad dressings or mayonnaise made with recommended oil
 - Avoid fried and processed meats
 - Get creative with protein – incorporate fish into your diet weekly
 - Avoid sugary drinks and added sugars
 - Eat more fiber-rich foods
 - Oatmeal
 - Apples, bananas, pears, prunes
 - Kidney beans, chickpeas, lentils, and lima beans
- *Lifestyle changes:*
 - Limit caffeine intake
 - Limit alcohol intake
 - Aim for 30 minutes of moderate-intensity activity daily
 - Brisk walk
 - Gardening
 - yoga

THE HYPERLIPIDEMIA diet

FOODS TO EAT



OMEGA-3 FATS



HIGH-FIBER FOODS



OLIVE OIL



GARLIC



ONIONS



APPLE CIDER VINEGAR



HERBS SUCH AS BASIL, ROSEMARY & TURMERIC



FOODS TO AVOID

SUGAR & REFINED GRAIN PRODUCTS

PACKAGED & PROCESSED FOODS

HYDROGENATED FATS

TRANS FATS

CONVENTIONAL DAIRY PRODUCTS

FACTORY-FARMED ANIMAL PRODUCTS

TOO MUCH CAFFEINE

TOO MUCH ALCOHOL