



Hyperlipidemia

- Hyperlipidemia is a condition where your blood lipids are elevated (there is too much fat in blood)
 - Blood lipids include cholesterol and triglycerides
 - High blood lipid levels put your at risk for cardiovascular disease
 - Every 1% reduction in cholesterol decreases the risk of cardiovascular disease by 2%
- Cholesterol is made in our bodies and also comes from food
 - 75% made in our liver
 - 25% from animal foods
- Total cholesterol count
 - Less than 200mg/dL is desired
 - Greater than 240 mg/dL is high
 - HDL (High Density Lipoprotein)- “good cholesterol”
 - Helps keep bad cholesterol from clogging our arteries
 - Less than 40 mg/dL is low
 - Greater than 60 mg/dl is desired
 - LDL (Low Density Lipoprotein)- “bad cholesterol”
 - High LDL may clog arteries and form plaque and increase risk of heart attack and stroke by narrowing the arteries and making them less flexible (atherosclerosis)
 - Less than 100mg/dl is desired
 - Greater than 190mg/dl is very high
- Triglycerides
 - This is a fat made in the body
 - High TG can be due to physical inactivity, obesity/overweight, smoking, excess alcohol, and a very high carbohydrates diet (more than 60%)
 - Less than 150mg/dL is desired
 - Over 500mg/dL is very high
- Diet and Lifestyle Changes to Improve Lipid Profile
 - Exercise
 - Regular physical activity increases HDL
 - Aim for 30 minutes of aerobic exercise
 - Lose weight – 10% weight loss can lower risk of hyperlipidemia
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 - Diet
 - Reduce and avoid trans fats to increase HDL
 - Reduce saturated fat and cholesterol in your diet by limiting red meat, eggs, butter, cream, tropical oils (coconut, palm)

80/20 Rule: No one is perfect. Set your goal to eat properly **80%** of the time.



- Choose lean cuts of poultry beef, pork and veal. Trim the fat and remove skin.
- Limit fried foods
- Increase the amount of fiber you eat, especially soluble fiber (oats, fruit, root vegetables, flaxseeds)
- Reduce added sugars and alcohol
- Herbs and Supplements that may lower risk of cardiovascular disease
 - Coenzyme Q10
 - Omega 3 fatty acids (EPA and DHA)
 - Flax (alpha-linoleic acid)
 - Garlic

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