

Your Lipid Profile... What it means and what is normal???

Total Cholesterol

Cholesterol is a soft, waxy substance found among fats in the bloodstream and all of your body cells. It is an important part of a health body because it is used to form cell membranes, some hormones, and other tissues. High levels, however, are a major risk factor for coronary heart disease

Less than 200 mg/dL = Desirable

LDL (Low-density or “Bad”) Cholesterol

The major cholesterol carrier in the blood. If large amounts are present, it can gradually build up in the walls of the arteries that feed the brain and the heart

Less than 100 mg/ dL = Desirable

HDL (High-density or “Good”) Cholesterol

Carries cholesterol away from your arteries and back to the liver, where it is passed from the body.

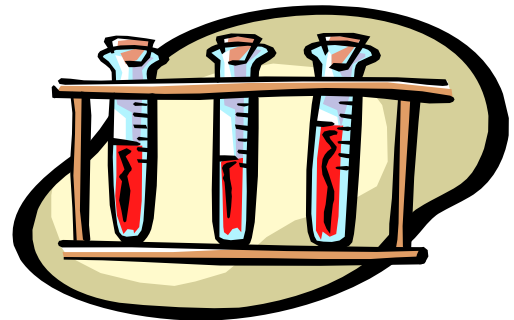
45 mg/dL and higher = Desirable for men

55 mg/dL and higher = Desirable for women

Triglycerides

Chemical form in which most fats exist in foods as well as in the body.

Less than 150 mg/dL = Desirable



Ways to better your cholesterol score...

- Choose foods low in saturated fat
- Choose foods high in fiber
- Exercise Regularly
- Stop smoking
- Be at or near your ideal weight
- Take medication (if prescribed)