

WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

APRIL 22, 2019

A HEART HEALTHY DIET...WHAT DOES THAT MEAN?

FOR THE MAJORITY OF US IN THIS ROOM, THE CHOLESTEROL LEVEL IN OUR BLOOD IS A CONCERN. FIRST, WHAT *IS* CHOLESTEROL? WHAT DOES IT DO?

- CHOLESTEROL IS A WAXY SUBSTANCE, PRESENT IN ALL OUR CELLS. IT'S NECESSARY FOR CELL STRUCTURE!
- OUR LIVERS MAKE ALL THE CHOLESTEROL WE NEED!
- YOU PROBABLY ALREADY KNOW THAT WE ALSO GET CHOLESTEROL FROM DIETARY SOURCES: MEAT, POULTRY, & FULL FAT DAIRY PRODUCTS.
- THE ABOVE FOODS ARE ALSO HIGH IN SATURATED FAT, WHICH CAUSE YOUR LIVER TO MAKE MORE CHOLESTEROL THAN IT WOULD OTHERWISE.
- A FEW PLANT SOURCES OF FAT (PALM, PALM KERNAL, & COCONUT OIL) CAN ALSO TRIGGER YOUR LIVER TO INCREASE CHOLESTEROL PRODUCTION. THESE OILS ARE SATURATED & ARE SOMETIMES FOUND IN COMMERCIAL BAKED GOODS.

CHOLESTEROL CIRCULATES IN OUR BLOODSTREAM. MONITORING THE AMOUNT OF CHOLESTEROL IS PART OF TAKING CARE OF YOUR HEART!

THERE ARE TWO TYPES OF CHOLESTEROL: **LDL** – WHICH IS BAD (OR “L” FOR LOUSY, AS RUTHIE SAYS!) & **HDL** (“H” FOR HEALTHY!). TOO MUCH OF THE BAD, PLUS TOO LITTLE OF THE GOOD WILL EQUAL A BUILD UP ON THE INNER WALLS OF YOUR ARTERIES, (AKA ATHEROSCLEROSIS) WHICH FEED YOUR HEART & BRAIN. IF A BLOOD CLOT FORMS & BLOCKS ONE OF THOSE NARROWED ARTERIES, A HEART ATTACK OR STROKE CAN BE THE RESULT. TONIGHT WE’LL TALK ABOUT **HDL**, **LDL**, & **TRIGLYCERIDES**.

HIGH CHOLESTEROL IS ONE OF THE MAJOR RISK FACTORS FOR CORONARY HEART DISEASE, HEART ATTACK, & STROKE. IF YOU HAVE OTHER RISK FACTORS SUCH AS SMOKING, HYPERTENSION, OR DIABETES, YOU’RE AT AN EVEN HIGHER RISK.

LIPOPROTEINS CARRY CHOLESTEROL TO & FROM OUR CELLS. ONE IS HIGH-DENSITY LIPOPROTEIN, OR **HDL**. THE OTHER IS LOW-DENSITY LIPOPROTEIN, OR **LDL**. AS I SAID BEFORE, THE AMOUNT OF EACH IS MEASURED BY A BLOOD TEST.

WITH **HDL**, HIGHER IS BETTER! EXPERTS DESCRIBE **HDL** AS A SCAVENGER, CARRYING **LDL** AWAY FROM THE ARTERIES & BACK TO THE LIVER, WHERE IT IS BROKEN DOWN & PASSED FROM THE BODY. ONE-THIRD TO ONE-FOURTH OF CHOLESTEROL IS CARRIED AWAY BY **HDL**. BECAUSE OF THIS, A HEALTHY **HDL** LEVEL MAY PROTECT AGAINST HEART ATTACK & STROKE!

IF **HDL** IS A SCAVENGER, I GUESS WE’LL CALL **LDL** A VILLAIN! IT CONTRIBUTES TO FATTY BUILDUPS IN ARTERIES. (WHAT’S THE TERM FOR THIS?) AGAIN, IT’S A NARROWING OF THE ARTERIES, WHICH INCREASES THE RISK FOR HEART ATTACK, STROKE, & PAD (PERIPHERAL ARTERY DISEASE).

ONE OTHER SERUM LIPID VALUE YOU NEED TO BE AWARE OF: **TRIGLYCERIDES**. THEY ARE THE MOST COMMON TYPE OF FAT IN THE BODY. THEY STORE EXCESS ENERGY FROM YOUR DIET. COMBINE A HIGH **TRIGLYCERIDE** LEVEL WITH ELEVATED **LDL** CHOLESTEROL AND / OR LOW **HDL** CHOLESTEROL, & YOU'RE SETTING THE SCENE FOR A BAD OUTCOME!

OF COURSE YOU CAN'T CONTROL GENETICS – EVEN THIN FOLKS CAN HAVE HIGH CHOLESTEROL! HOWEVER, EVERYONE BENEFITS FROM A HEALTHY DIET & LIFESTYLE. WE WOULD ALL BE WISE TO EMPHASIZE FRUITS, VEGETABLES, FISH, WHOLE GRAINS, & LOW SODIUM PLUS LEAVE THE JUNK FOOD AT THE STORE! ODDS ARE, THERE ARE SOME CHANGES YOU CAN MAKE TO IMPROVE YOUR CHOLESTEROL NUMBERS. YOU KNOW THOSE ANNOYING FORMS YOU FILL OUT AT YOUR DOCTOR'S OFFICE...THE ONES THAT ASK IF YOUR PATERNAL GRANDMA HAD HEART DISEASE, ETC. ETC.??? THIS IS ONE OF THE REASONS YOUR HEALTH PROFESSIONAL NEEDS TO KNOW YOUR FAMILY HISTORY.

SOME BEHAVIORS THAT CONTRIBUTE TO YOUR CHOLESTEROL LEVELS:

- UNHEALTHY DIET
- LITTLE OR NO PHYSICAL ACTIVITY
- TOBACCO!
- EXCESS WEIGHT

*****NOBODY'S PERFECT...EVEN SMALL CHANGES CAN PRODUCE SIGNIFICANT RESULTS!*****

ONCE I KNOW MY NUMBERS, WHAT CAN I DO?

HERE ARE A COUPLE OF TERMS WORTH KNOWING:

- HYPERLIPIDEMIA MEANS YOUR BLOOD HAS TOO MANY LIPIDS (FATS)
- HYPERCHOLESTEROLEMIA MEANS THERE'S TOO MUCH **LDL** IN YOUR BLOOD

ANOTHER WAY YOUR NUMBERS CAN BE OFF KILTER: YOUR **HDL** CAN BE TOO LOW. WITH LESS **HDL** TO REMOVE CHOLESTEROL FROM YOUR ARTERIES, YOUR RISK OF ATHEROSCLEROTIC PLAQUE & BLOCKAGE INCREASES. SPEAKING OF NUMBERS, HERE ARE THE MOST RECENT DESIRABLE VALUES:

TOTAL CHOLESTEROL

LEVELS IN MG / DL

LESS THAN 200

200 – 239

240 & ABOVE

CATEGORY

DESIRABLE

BORDERLINE HIGH

HIGH

LDL CHOLESTEROL

<u>LEVELS IN MG / DL</u>	<u>CATEGORY</u>
LESS THAN 100	OPTIMAL
100 – 139	NEAR OPTIMAL
140 – 159	BORDERLINE HIGH
160 – 189	HIGH
190 & ABOVE	VERY HIGH

HDL CHOLESTEROL (REMEMBER! LOW IS BAD!)

<u>LEVELS IN MG / DL</u>	<u>CATEGORY</u>
60 & ABOVE	DESIRABLE
35 – 45	BORDERLINE LOW
LESS THAN 35	LOW

TRIGLYCERIDES

<u>LEVELS IN MG / DL</u>	<u>CATEGORY</u>
LESS THAN 150	NORMAL
150 – 199	BORDERLINE HIGH
200 – 499	HIGH
500 & ABOVE	VERY HIGH

WHAT'S A HEART-HEALTHY DIET?

ACCORDING TO THE AMERICAN HEART ASSOCIATION, THE BEST WAY TO LOWER YOUR CHOLESTEROL IS TO REDUCE SATURATED FAT & TRANS FAT. (WAIT! WHAT'S TRANS FAT???) TRANS FAT OCCURS IN NATURE ONLY VERY RARELY. WHEN VEGETABLE OILS ARE HEATED OR WHEN THEY'RE

“HYDROGENATED,” TRANS FATS ARE MADE. CONSEQUENTLY, IF YOU AVOID JUNK FOOD, YOU SHOULD BE ALRIGHT!

REDUCING THESE FATS MEANS LIMITING YOUR INTAKE OF RED MEAT & DAIRY PRODUCTS MADE WITH WHOLE MILK. IT ALSO MEANS LIMITING FRIED FOODS (DANG IT!) & COOKING WITH HEALTHY OILS. WHAT OIL DO YOU USE AT YOUR HOUSE?

A HEART-HEALTHY DIET ALSO EMPHASIZES FRUITS, VEGETABLES, WHOLE GRAINS, POULTRY, FISH, & NUTS. IT CURBS SUGARY FOODS & DRINKS. EATING THIS WAY SHOULD INCREASE YOUR FIBER INTAKE. A DIET HIGH IN FIBER CAN HELP LOWER CHOLESTEROL LEVELS BY AS MUCH AS 10%!

READ YOUR LABELS! AS A STARTING POINT:

- **KNOW YOUR FATS WHICH ONES RAISE LDL & WHICH ONES DON'T?**
- **PAY ATTENTION TO PORTION SIZE TOO MANY CALORIES = STORED FAT = PROBLEMS!**

BECOME MORE PHYSICALLY ACTIVE!

- **A SEDENTARY LIFESTYLE LOWERS HDL GET UP & MOVE!**

QUIT SMOKING!

- **SMOKING ALSO LOWERS HDL IT'S ALSO BAD FOR YOUR ARTERIES!**

LOSE WEIGHT!

- **BEING OVERWEIGHT TENDS TO RAISE YOUR CHOLESTEROL LEVELS. A WEIGHT LOSS OF AS LITTLE AS 10% CAN HELP TO IMPROVE YOUR HIGH CHOLESTEROL NUMBERS!**

HOW DID YOU DO WITH “NO ICE CREAM???”

OUR “NO!” FOOD FOR NEXT WEEK: BUTTER & MARGARINE

REMEMBER! NO CLASS FOR THE MONTH OF MAY! SEE YOU NEXT WEEK!

