

FATS and Cholesterol

Health

Better than Saturated Fats
Found in Vegetable Oils and Fish
Tend to lower cholesterol



Polyunsaturated

The best type of fat

Found in olives, avocados, nuts, olive, canola and peanut oils.

Tend to lower LDL and raise HDL levels in cholesterol.



Monounsaturated Fats

One of the worse types of fat for you
Found in Animal Sources like milk, cream
cheese, butter, meat and poultry



Saturated Fat

A Fatlike Substance that resembles fat but
its chemical make-up is very different
Is an essential part of each cell membrane
in the human body
Used by the liver to make bile and to get
rid of waste

Cholesterol

According to the Mayo Clinic, ideal total cholesterol is below 200 milligrams per deciliter. HDL cholesterol should be at or above 60 milligrams per deciliter

LDL cholesterol for people not at high risk for heart disease is below 130 milligrams per deciliter.

Normal cholesterol levels are the same for everyone and are not determined by age, except LDL cholesterol levels for people who are at high risk for heart disease.

According to the American Heart Association, adults 20 years of age and older should get their cholesterol levels, along with other heart disease risk factors, assessed every four to six years.

Cholesterol Levels