



Ask for a copy of “A Teenager’s Guide to Living a Healthier Lifestyle” for more information on ways to improve your health.

## Ways to Help Control Your Cholesterol

Here are some ways to control your cholesterol levels:

- Eat foods low in saturated fat, trans fat and cholesterol. This includes:
  - vegetables and fruits
  - whole grains
  - fat-free or low-fat dairy products
  - lean protein such as chicken or turkey breast without the skin, fish, legumes (beans, lentils, peas) and soy
  - healthful oils (olive oil, canola oil, etc.) and nuts.
- Move more! Be physically active for at least 60 minutes each day.
- Lose weight if you are overweight.



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TEEN HEALTH



What is  
> CHOLESTEROL? <



## Cholesterol

Cholesterol is a fat-like substance made by your liver and found in the food you eat.

Your total cholesterol is made up of three main parts:

- triglycerides (This is fat digested from foods that are released into your bloodstream. It either gives your body energy or is stored as fat.)
- HDL, high density lipoprotein, cholesterol (The “good” cholesterol.)
- LDL, low density lipoprotein, cholesterol (The “bad” cholesterol.)

## Your Cholesterol

Your cholesterol was checked on \_\_\_\_\_ (date).

**Non-HDL:** \_\_\_\_\_  
**(total cholesterol - HDL)**

- 144 or less = Normal
- 145 or higher = Abnormal

**HDL (“good” cholesterol):** \_\_\_\_\_

- 40 or higher = Normal
- 39 or less = Abnormal

## Non-HDL and HDL

Non-HDL is all the bad cholesterol flowing in your blood. When too much of the bad cholesterol builds up on your artery walls, plaque forms. This can block the blood flowing to your heart, legs and brain. Over time, this can cause heart disease, strokes or peripheral artery disease (PAD).

HDL (the “good” cholesterol) helps to get rid of extra cholesterol from your blood and tissues.

## Who is at Risk

As a teenager, you are at risk for high cholesterol if you:

- have close relatives who have a history of heart disease
- have a parent with high cholesterol
- have high blood pressure
- smoke.