

Blood Fat Levels

What They Mean and How to Change Them

Total Blood Cholesterol

< 150	Ideal
< 200	Desirable
200 - 239	Borderline high risk
> 240	High risk

LDL Cholesterol -- "BAD"

< 100	Desirable
100 - 129	Borderline high risk
> 130	High risk

Low Density Lipoprotein carries cholesterol through the bloodstream and may deposit it on artery walls contributing to plaque build-up. The higher the level of LDL in the bloodstream, the greater the risk of build-up.

HDL Cholesterol -- "GOOD"

> 60	Protective
> 45	Desirable (for women)
> 35	Desirable (for men)
< 35	High risk

High Density Lipoprotein circulates through the bloodstream and picks up excess cholesterol to be brought back to the liver and excreted from the body. High levels of HDL tend to protect from heart disease.

Triglycerides

<200	Desirable
200 - 400	Borderline high risk
> 400	High risk

Triglycerides are the body's storage form of fat and the primary source of stored energy. High triglycerides increase the risk of heart disease even if cholesterol is not elevated.

People with diabetes are twice as likely to have high triglycerides as those without diabetes. They also tend to have low HDL and more of the small, dense LDL particles that are associated with an increased risk of heart disease.

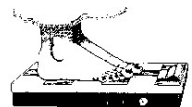
How to improve your blood fats (lipids) (lower LDL and Trig, raise HDL):



Eat less fat, especially saturated fat. Use monounsaturated fat, such as canola or olive oil.



Lose weight with a healthy eating plan.



Increase physical activity for all ages.
Example: moderate activity - brisk walking for 30 minutes daily.
Example: intense activity - jogging or basketball for 15-20 minutes daily.



Improve your diet by eating a wide variety of foods, decreasing sugar and increasing fiber.
Example: Eat more whole grains and fresh vegetables.



Ask your physician if a lipid-lowering medication is right for you.

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Updated 10/2001

