HDL

LDL
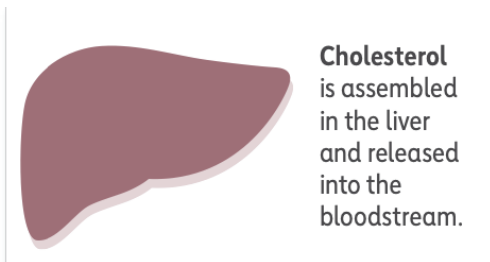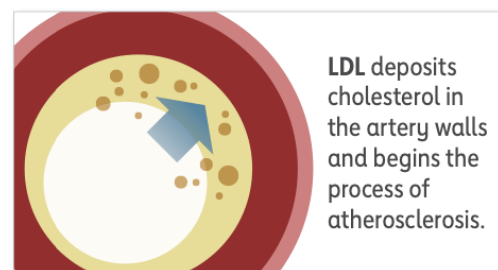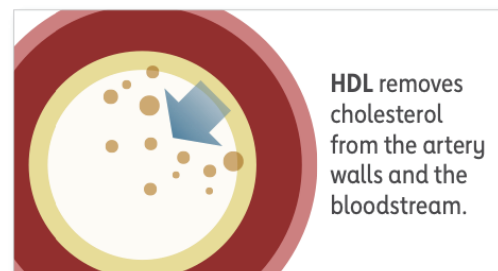
TOTAL CHOLESTEROL

CHOLESTEROL is a waxy substance. Your liver makes all the cholesterol you need. The rest of the cholesterol in your body comes from foods derived from animals such as meat, poultry and full-fat dairy products. The body uses cholesterol to form cell membranes, aid in digestion, convert Vitamin D in the skin and make hormones. Two types of lipoproteins carry cholesterol to and from cells. **High-density lipoproteins** and **low-density lipoproteins**. **Triglycerides** are the most common type of fat in the body. Your total cholesterol is a measurement of these three key components of cholesterol.

1 **High density lipoproteins (HDL cholesterol)** are called GOOD cholesterol because they remove cholesterol from the bloodstream and the artery walls. A healthy HDL-cholesterol level may protect against heart attack and stroke. Studies show that low levels of HDL cholesterol increase the risk of heart disease.

2 **Low density lipoproteins (LDL cholesterol)** are considered BAD cholesterol. While they carry needed cholesterol to all parts of the body, too much LDL contributes to fatty buildups in arteries. This narrows the arteries and increases the risk for heart attack, stroke and peripheral artery disease, or PAD.

3 **Triglycerides** are the most common type of fat in the body. They store excess energy from your diet. A high triglyceride level combined with high LDL (bad) cholesterol or low HDL (good) cholesterol is linked with fatty buildups within the artery walls, which increases the risk of heart attack and stroke.

Cholesterol is assembled in the liver and released into the bloodstream.

HDL removes cholesterol from the artery walls and the bloodstream.

LDL deposits cholesterol in the artery walls and begins the process of atherosclerosis.

Cholesterol and **triglycerides** form the core of all lipoproteins. Triglyceride levels should be kept low.

HDL + LDL + 20% Triglycerides = **TOTAL CHOLESTEROL**

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Cholesterol