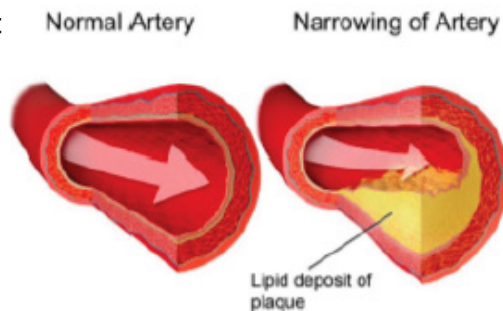


WHAT'S UP WITH CHOLESTEROL?

MYTHS ABOUT YOUR CHOLESTEROL ANSWERED

When it comes to your heart health, cholesterol is a critical factor. It's important to know the facts about cholesterol and how it affects your health. Over the years, cholesterol has gotten a negative association with heart health, but it is good to understand the reasons why we need cholesterol in our bodies. Cholesterol is responsible for many bodily functions. Cholesterol is also essential for synthesizing critical hormones, such as testosterone, progesterone, and estrogen. High cholesterol does not discriminate against body type or age. Just because you are thin, does not mean you are not at risk for heart disease. With that being said, you should not wait until middle age to check your cholesterol levels. Early awareness is the key to avoid being at risk for heart disease. Some people substitute margarine for butter, believing it is a healthier alternative. In fact, both are high in fat and should be moderated accordingly. When choosing a margarine, pick a vegetable oil-based spread, preferably one containing plant sterols. This may lower the level of bad cholesterol.

The nutrition label can be deceiving, so knowing what you are looking for can help you make the heart healthy choice. Many "low-cholesterol" foods contain high levels of saturated fat and/or trans fat — both of which contribute to high blood cholesterol. Look for the amount of saturated fat, trans fat, cholesterol, and total calories in a serving of the product. Don't forget to check how much one serving size is (it's usually smaller than you think! One serving of butter or margarine is 1 tsp). The first ingredient listed is the one used most in the product, so choose products where fats and oils appear toward the end of the list. When possible, try to avoid trans fats, which are found in baked goods, cakes, crackers, pies, and some margarine and dairy products.



CAN YOU SPOT THE MYTH ABOUT CHOLESTEROL?

THIN PEOPLE DON'T HAVE TO WORRY ABOUT THEIR CHOLESTEROL

YOU DON'T HAVE TO HAVE YOUR CHOLESTEROL CHECKED UNTIL MIDDLE AGE

YOU SHOULD USE MARGARINE INSTEAD OF BUTTER

IF THE LABEL SAYS, "NO CHOLESTEROL," IT MEANS IT'S "HEART - HEALTHY"



UNDERSTANDING FOOD LABELS

Start here. Note the size of a single serving and how many servings are in the package.

Check total calories per serving. Look at the serving size and how many servings you're really consuming. If you double the servings you eat, you double the calories and nutrients, including the Percent Daily Value (% DV).

Limit these nutrients. Remember, you need to limit your total fat to no more than 56–78 grams a day — including no more than 16 grams of saturated fat, less than two grams of trans fat, and less than 300 mg cholesterol (for a 2,000 calorie diet).

Get enough of these nutrients. Make sure you get 100 percent of the fiber, vitamins, and other nutrients you need every day.

Quick guide to % DV. The % DV section tells you the percent of each nutrient in a single serving, in terms of the daily recommended amount. As a guide, if you want to consume less of a nutrient (such as saturated fat, cholesterol or sodium), choose foods with a lower % DV — 5 percent or less is low. If you want to consume more of a nutrient (such as fiber), seek foods with a higher % DV — 20 percent or more is high.

Always be aware of ingredients with the word "hydrogenated" on your food label. Products that are marketed as "heart healthy" have this hidden name to fool you. This ingredient is another name for trans fat and should be avoided when choosing your products.

KNOW YOUR NUMBERS

Total Cholesterol Level	Category
Less than 200 mg/dL	Desirable
200-239 mg/dL	Borderline High
240 mg/dL and above	High
LDL Cholesterol Level	LDL Cholesterol Category
Less than 100 mg/dL	Optimal
130-159 mg/dL	Borderline high
160-189 mg/dL	High
190 mg/dL and above	Very high
HDL Cholesterol Level	HDL Cholesterol Category
Less than 40 mg/dL (men); Less than 50 (women)	Low
60mg/dL and above	High/Desirable

NUTRITION FACTS

Start here	Serving Size 1 Slice (47g) Servings Per Container 6		
	Amount Per Serving		
Check the total calories per serving	Calories 160	Calories from Fat 90	
Limit these nutrients	Total Fat 10g	15%	
	Saturated Fat 2.5g	11%	
	Trans Fat 2g		
	Cholesterol 0mg	0%	
	Sodium 300mg	12%	
	Total Carb 15g	5%	
Get enough of these nutrients	Dietary Fiber less than 1g	3%	
	Sugars 1g		
	Protein 3g		
	Vitamin A 0%	Vitamin C 4%	
	Calcium 45%	Iron 6%	
	Thiamin 8%	Riboflavin 6%	
	Niacin 6%		
	*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
	Quick Guide to % Daily Value:	5% or less is low 20% or more is high	

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE (VITAMIN B1), PARTIALLY HYDROGENATED SOYBEAN OIL, SUGAR, HIGH FRUCTOSE CORN SYRUP, LEAVING (BAKING SODA, CALCIUM PHOSPHATE), SALT, NATURAL FLAVOR (CONTAINS SESAME), SODIUM STEAROYL LACTYLATE (DOUGH CONDITIONER), SOY LECITHIN (EMULSIFIER)

GOOD FATS

- HEALTHY SOURCES OF FATS TO INCORPORATE INTO YOUR SNACKS AND MEALS:
- 23 ALMONDS, WALNUTS, CASHEWS, PINE NUTS, HAZELNUTS, OR PISTACHIOS
- 1/2 CUP SUNFLOWER, PUMPKIN, SESAME, OR FLAX SEEDS
- 3 OZ. FATTY FISH SUCH AS: SALMON, TUNA, MACKEREL, HERRING, TROUT, SARDINES (ABOUT THE SIZE OF A DECK OF CARDS)
- VEGETABLE BASED OILS SUCH AS: OLIVE, CANOLA, SUNFLOWER, PEANUT, OR SESAME OIL WHEN PREPARING YOUR DISHES

