Cholesterol is a type of fat that is in the blood. Your body needs some cholesterol to make hormones, vitamin D, and cells. Your body makes all the cholesterol it needs. Foods that come from animals have cholesterol (egg yolks, meat, cheese, and milk).

Extra cholesterol in your body may start to build up and clog your arteries. This can lead to health problems, such as a heart attack, stroke, and heart disease.

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**What is high cholesterol bad?**
Extra cholesterol in your body may start to build up and clog your arteries. This can lead to health problems, such as a heart attack, stroke, and heart disease.

**What is good and bad cholesterol?**

- **HDL** is “good cholesterol.”
  Think of **H** in HDL as **H**ealthy.
  The **H**igher, the better.

- **LDL** is “bad cholesterol.”
  Think of **L** in LDL as **L**ousy.
  The **L**ower, the better.

**Triglycerides** are a type of fat found in the blood. When you eat, the body converts any calories it does not use right away into triglycerides. The triglycerides are stored calories, which go to your stomach. Having high triglyceride levels can raise your risk for heart disease and stroke.

**Saturated Fat and Trans Fat:**
Saturated fat and trans fat are fats that raise blood cholesterol levels the most. Just like cholesterol, saturated fat is found in food that comes from animals. Trans fat is found in fried foods and baked products.

**How to lower your cholesterol:**

- Read nutrition labels, and limit foods high in saturated fat, trans fat, and total cholesterol
- Eat foods high in fiber, such as fruits and vegetables
- Be physically active
- Quit smoking and drink less alcohol
- Maintain a healthy weight
- Manage your stress

<table>
<thead>
<tr>
<th></th>
<th>Ideal mg/dL</th>
<th>Borderline High mg/dL</th>
<th>High mg/dL</th>
<th>Very High mg/dL</th>
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<tbody>
<tr>
<td>Total Cholesterol</td>
<td>&lt; 200</td>
<td>200-239</td>
<td>&gt; 240</td>
<td>N/A</td>
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<tr>
<td>LDL (bad cholesterol)</td>
<td>&lt; 100</td>
<td>130-159</td>
<td>160-189</td>
<td>&gt; 190</td>
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<tr>
<td>HDL (good cholesterol)</td>
<td>&gt; 60</td>
<td>Male: 40-59</td>
<td>Male: &lt; 40</td>
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<td>Female: 50-59</td>
<td>Female: &lt; 50</td>
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<tr>
<td>Triglycerides</td>
<td>&lt; 150</td>
<td>150-199</td>
<td>200-499</td>
<td>&gt; 500</td>
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