



BRIAN DANLEY FITNESS

CHOLESTEROL

HIGH-DENSITY LIPOPROTEIN (HDL):

- Removes cholesterol from blood to liver for excretion
- Keeps plaque from clogging arteries
- Protects against heart disease
- Desirable amount in blood:
> 45 mg/dl

TO INCREASE HDL LEVEL:

- Aerobic exercise
- Decrease bodyweight
- Avoid smoking
- Drink moderate alcohol
- Eat plenty of fish / nuts
- Increase niacin intake

LOW-DENSITY LIPOPROTEIN (LDL):

- Transports cholesterol in blood and deposits into plaque
- Clogs arteries with plaque
- Promotes heart disease
- Desirable amount in blood: < 130 mg/dl

TO DECREASE LDL LEVEL:

- Decrease saturated fat intake

CHOLESTEROL LEVELS (mg/dl):

	TOTAL	LDL	HDL
DESIRABLE	< 200	< 130	> 45
BORDER-LINE HIGH	200-239	130-159	35-45*
HIGH	> 240	> 160	< 35**

* borderline low

** low

TRIGLYCERIDE LEVEL (mg/dl):	20-200	(NORMAL)
	> 400	(HIGH)

**CHOLESTEROL
RATIO**

(TOTAL:HDL):	4.5-6	(AVERAGE)
	< 3.5	(OPTIMUM)
	> 12	(DANGEROUS)

REDUCING CHOLESTEROL LEVELS:

- INCREASE GARLIC IN DIET

- DECREASE SATURATED FATS
(e.g., dairy, meats, egg yolks, butter, cheese)

- INCREASE UNSATURATED FATS
 1. MONOUNSATURATED FATS
(e.g., olive oil, peanuts, egg whites)

 2. POLYUNSATURATED FATS
(e.g., sunflower seeds, fish, fish oil)

- DECREASE TRANS FATS (e.g., margarine, partially hydrogenated oil)

- INCREASE FREQUENCY OF CARDIORESPIRATORY EXERCISE
(e.g., 4-7 days/week)

- INCREASE DURATION OF CARDIORESPIRATORY EXERCISE
(e.g., 40-60 mins)

- DECREASE SODIUM INTAKE
(< 2.4 g/day)
- DECREASE PROCESSED
FOOD INTAKE
- INCREASE FRUIT,
VEGETABLE, AND WHOLE
GRAIN INTAKE
- DECREASE BODYFAT
- INCREASE VITAMIN B3
(NIACIN) INTAKE
- INCREASE WATER INTAKE
- INCREASE FIBER INTAKE
(~ 35 g/day)
(e.g., psyllium)
- DECREASE ALCOHOL INTAKE
(< 2 beers/day, < 1 wine glass/day)
- INCREASE SOY
INTAKE
- INCREASE OATS
INTAKE
- INCREASE BARLEY
INTAKE
- INCREASE
ESSENTIAL FATTY
ACIDS (e.g., omega-3)
(fish oil with EPA)

- FLAXSEEDS
- INCREASE VIT C
INTAKE
- INCREASE
CHROMIUM INTAKE
- GREEN TEA INTAKE
- CREATINE INTAKE
- METAMUCIL INTAKE
- INCREASE BEAN,
NUT, GRAIN, OIL
INTAKE (plant sterols)