

How Foods Affect Cholesterol

You can effectively lower cholesterol levels and related risks with a **healthy diet** and **regular exercise**

HDL = High-density lipoprotein
✓ (GOOD Cholesterol)

LDL = Low-density lipoprotein
✗ (BAD Cholesterol)

Fibers



Decreases total cholesterol, **LDL**

e.g. fruits, vegetables, whole grains

Simple Carbohydrates



Increases triglycerides, **LDL**

e.g. cakes, candies, french fries

Monounsaturated Fats



Increases **HDL**, decreases **LDL**

e.g. olive oil, peanut oil, sesame oil

Saturated Fats



Increases total cholesterol, **LDL**

e.g. animal fat, croissants, butter

Polyunsaturated Fats



Decreases **LDL**, may increase **HDL**

e.g. soybean oil, corn oil, sunflower oil

Trans Fats



Increases **LDL**, decreases **HDL**

e.g. fried foods, biscuits, frozen pizza

Omega-3 Fats



Increases **HDL**, decreases triglycerides

e.g. tuna, flax seeds, walnuts

Animal Protein



Only animal protein contains cholesterol

Eggs: 1 (or 2 egg whites) per day is generally safe



Ask your doctor to refer you to a dietitian to learn more about cholesterol control through lifestyle modification!



To learn more about our doctor's group, call Member Relations: (415) 590-7418

San Francisco Office
823 Jackson St.
San Francisco, CA 94133

Daly City Office
355 Gellert Blvd., Ste. 200
Daly City, CA 94015

aamgdoctors.net

