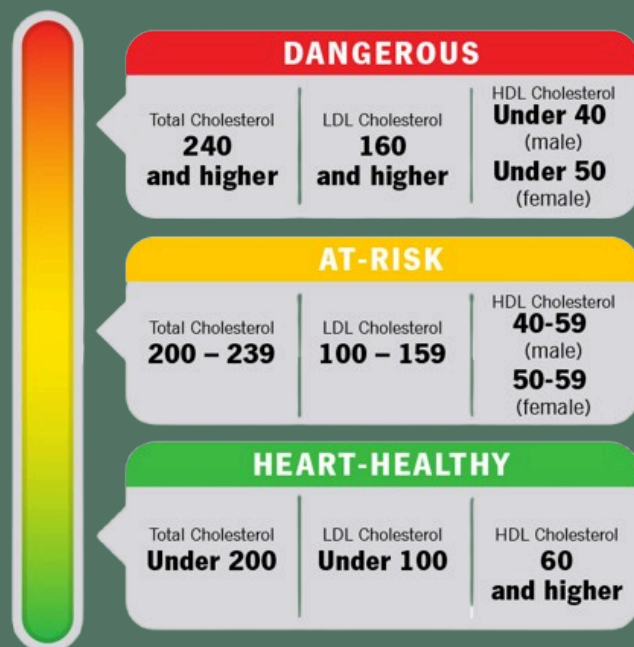


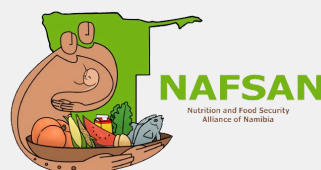
“
EARLY
DETECTION AND
MANAGEMENT
ARE CRUCIAL TO
PREVENT
COMPLICATIONS
.....”

CHOLESTEROL LEVELS



**Fight the bad,
boost the
good!
Choose a
heart-healthy
lifestyle to
conquer
cholesterol.**

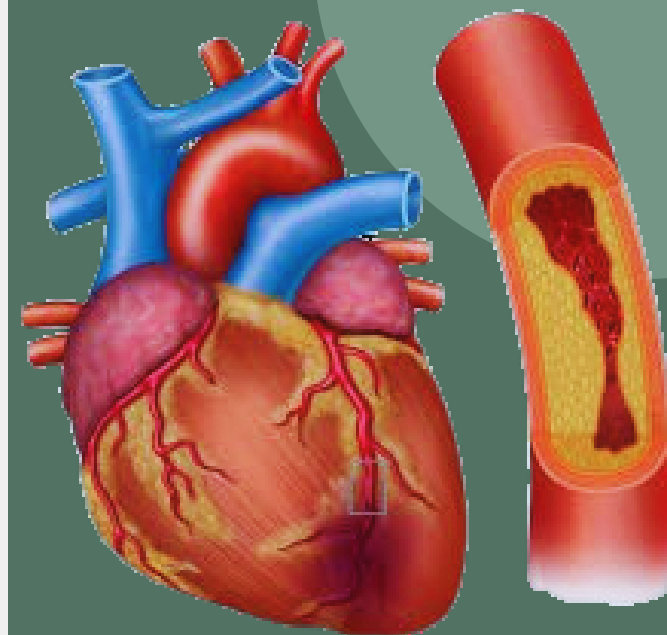
Disclaimer: This information is intended for general knowledge and should not replace medical advice. Always consult your doctor for personalized recommendations.



Visit our website:



www.nafsan.org



A GUIDE TO HEALTHY CHOLESTEROL



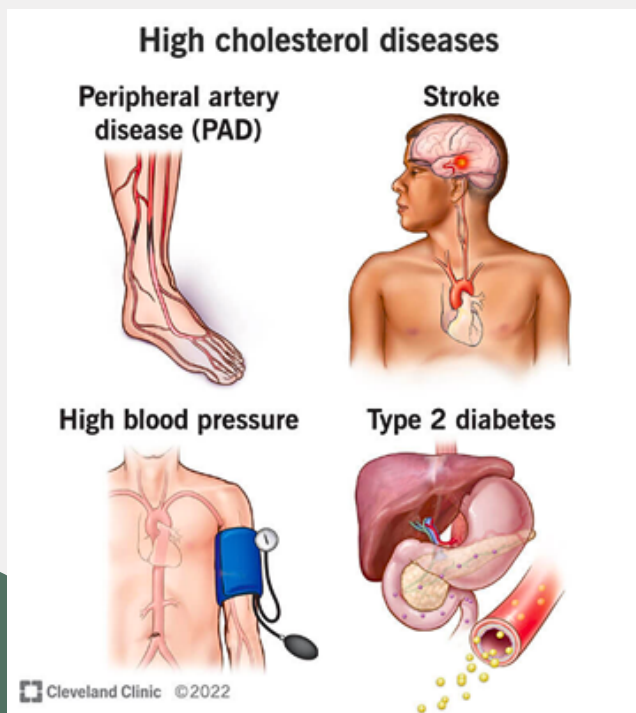
Co-funded by
the European Union



WHAT IS CHOLESTEROL?

- Cholesterol is a type of fat in your blood that your body needs but can be harmful in excess.
- LDL ("bad" cholesterol) clogs arteries, while HDL ("good" cholesterol) removes excess fat from the blood.
- Your body makes cholesterol naturally, but it also comes from foods like meat, dairy, and fried foods.

WHAT ARE THE SYMPTOMS?



RISK FACTORS

- Unhealthy diet (high saturated e.g fat on red meat and trans fats e.g fatcakes)
- Lack of exercise
- Obesity
- Smoking
- Family history
- Alcohol abuse



MAINTAIN HEALTHY CHOLESTEROL LEVELS:

Diet: Limit saturated and trans fats, cholesterol-rich foods. Include heart-healthy fats and fiber-rich foods.

Exercise: Regular physical activity promotes HDL ("good") cholesterol.

Weight Management: Losing weight can improve cholesterol



FOOD CHOICES:

EAT MORE:

- Whole grains (brown rice, brown bread, mahangu)
- Vegetables (mutete, cabbage, pumpkin, lettuce, peppers, tomatoes)
- Fruits (berries, apples)
- Legumes (beans, lentils)
- Fatty fish (salmon, tuna)
- Olive oil, nuts.

LIMIT:

- Red meat
- Ultra-processed meats (deli meats)
- Saturated fats (found in fatty cuts of meat, dairy products)