

HEALTHY DIET FOR YOUR HEART:

FATS:

Try to limit your fat intake to a total of 25-35% of your daily calories. The majority of the adults don't need more than 1800 or 2000 daily calories for good health, which is between 50 and 65 grams of fat daily.

TYPES OF FATS:

Saturated and trans fats elevate the bad cholesterol levels in the body.

MONOSATURATED AND POLYSATURATED FATS:

Don't increase the lipids and they may even lower the levels of bad fats.



Would you like to learn more about the consumption of fats and how to cook healthier. Contact the Community Health Worker from your local "Sunset" clinic. Contact any of the following phone numbers.

San Luís

(928) 627-3822
Ext. 1333

Somerton

(928) 627-2051
Ext. 1216

Yuma

(928) 819-8999
Ext. 1016

North Yuma

(928) 539-3140

Wellton

(928) 785-3256
Ext. 1521



References: New Mexico Health Department.
United States Diabetes Prevention Program

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A lifestyle Low In Lipids Very Easy To learn...



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Goals to Good Health

www.sunsetcommunityhealthcenter.org

WHAT ARE LIPIDS?

Lipids are fats that are found in the body and in the blood. Cholesterol is a type of lipid. Fats like cholesterol are necessary for good health, but in excess can be a problem.

The high levels increase the risk of a heart attack or stroke.

The lipids that are measured for health are:

Total Cholesterol,

LDL (Low Density Lipids),

HDL (High Density Lipids) and triglycerides.



KNOW YOUR CORRECT HEALTH NUMBERS!

- **Total Cholesterol:** less than 200mg/dl.
- **LDL:** less than 100 mg/dl.
- **HDL:** more than 40 mg/dl for males and more than 50 mg/dl for females.
- **Triglycerides:** less than 150 mg/dl.
- HDL is known as good cholesterol because it can protect you when it is maintained above or optimum level.
- LDL is known as bad cholesterol because it sticks to your veins and arteries.
- Triglycerides are also a fatty substance found in the blood that may cause problems in the blood vessels.



SUGGESTIONS TO LOWER YOUR LIPIDS:

- Exercise at 45-50 minutes daily.
- Maintain your fats to 25-35% of your daily calorie intake.
- Do not eat more than 7% of saturated fats and no trans fats if possible.
- Eat between 10 to 25 grams of fiber per day.
- Eat between 5 to 9 portions of fruits and vegetables per day.
- Eat two portions of fish (salmon, tuna or sardines) per week.
- Learn to read food labels for fat contents.

