
How Does the Body Get Cholesterol?

1. The body can manufacture all the cholesterol that is needed.
2. We get extra amounts of cholesterol from foods of animal origin, such as meat, some seafood, dairy products, and egg yolks.

Controllable Factors That Alter Blood Cholesterol Levels

- Consumption of high-fiber foods, such as beans, legumes, and oat bran inhibits the absorption of cholesterol in to the bloodstream.
- Consumption of foods high in polyunsaturated, such as safflower, sesame, soybean, and sunflower oil will lower bad cholesterol (LDL) in the blood stream. Studies have shown that some monounsaturated fats such as olive oil may lower cholesterol in the blood.
- Consumption of fish and fish oils will lower blood cholesterol.
- Regular aerobic exercise increases good cholesterol (HDL).
- The use of certain oral contraceptives may cause a slight increase in bad cholesterol (LDL).

Mission Statement

The Pat Walker Health Center, University Health Services provides professional and comprehensive medical care, mental health care, health education, and health promotion for a diverse community of students, faculty, and staff. We, the University Health Services Staff of the Pat Walker Health Center, have a commitment to physical, mental, spiritual, social, and emotional health, the highest standards of quality, and appreciation of the value of each individual. Through these endeavors we support the educational mission of the University of Arkansas and the growth of each individual.

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What Is The Risk of a High Blood Cholesterol Level?

High blood cholesterol is one of the three most significant risk factors of heart disease. The excess cholesterol that accumulates in the arteries may cause a progressive disease called Arteriosclerosis. The blood vessels of the heart (coronaries) may become clogged by deposits of cholesterol, thus restricting the flow of blood to the heart muscle and weakening the heart's ability to provide the body with a healthy blood supply.

What Studies Can Be Done To Indicate Whether Your Cholesterol Is In a Risk Zone?

A sample of blood can be analyzed to find:

1. Serum Cholesterol Level - The normal range is approximately 110 - 180mg/dl. As levels rise above 180mg/dl, the risk for developing Coronary Heart Disease increases.
2. LDL-C or Low Density Lipoprotein Cholesterol - The normal range for LDL-C is 73 - 150mg/dl.
3. HDL-C or High Density Lipoprotein Cholesterol - The normal range for HDL-C in females is 45-85mg/dl, and in males is 35-55mg/dl.

Increased levels of LDL-C increase the risk of Coronary Heart Disease. Increased levels of HDL-C decrease the risk of Coronary Heart Disease.

Total Cholesterol (mg/dl) and Risk of Coronary Heart Disease

Risk Years	20-29	30-39	40 +
Moderate	200-220	220-240	240-260
High	> 220	> 240	> 260

HDL Cholesterol and Risk of Coronary Heart Disease

Risk	HDL Cholesterol (mg/dl)		Ratio of Cholesterol to HDL Cholesterol	
	Men	Women	Men	Women
Very low (1/2 avg.)	> 65	> 75	< 3.4	< 3.3
Low	55	65	4.0	3.8
Average	45	55	5.0	4.5
Moderate (2 times)	25	40	9.5	7.0
High (3+ times)	< 25	< 40	> 23	> 11

Note: the higher the HDL cholesterol, the lower the risk of coronary heart disease. Male sex hormones tend to decrease HDL, while female hormones have the opposite effect. After menopause a woman's HDL cholesterol level begins to fall. The chart above is from the "National Institutes of Health Consensus Development Conference Statement: Lowering Blood Cholesterol." The chart at the top of the page is from the Framingham Study.

What Foods Should Be Avoided To Prevent an Increased Blood Cholesterol Level?

Whenever possible, one should switch polyunsaturated fats for saturated fats. Foods with saturated fats that elevate good cholesterol levels include:

- Beef
- Lamb
- Ham
- Butter
- Veal
- Pork
- Cream cheese
- Whole milk

Other sources of saturated fats are:

- Solid shortenings
- Palm oil
- Coconut oils
- Cocoa butter
- Palm kernel oil

Always read labels on food containers since many bakery products, non-dairy milk and cream substitutes contain saturated fats or have been prepared in saturated fats.

Rich Sources of Cholesterol



Poor Sources of Cholesterol

