

WellnessWorks Food Pantry Program

Promoting Healthy Choices • www.CatholicCharitiesWV.org



Catholic
Charities
West Virginia

Cholesterol Education Month

August 2014

Risk Factors

You are more likely to have high cholesterol if you have any of these risk factors

- Smoking
- Obesity
- Poor diet
- Lack of exercise
- High blood pressure
- Diabetes
- Family history of heart disease

Healthy Lifestyle Changes

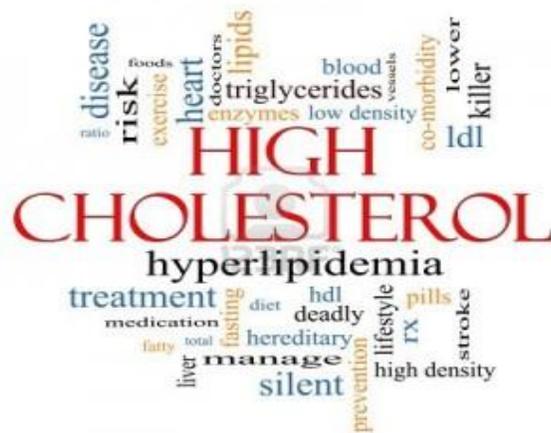
- Exercise regularly
- Eat a heart healthy diet
- Don't smoke
- Lose extra weight



Cholesterol Quiz

Circle True or False

1. Only adults need to have their cholesterol checked. Children can't have high cholesterol. **T or F**
2. All I really need to know about my cholesterol levels is my total blood cholesterol number. **T or F**
3. If I have high cholesterol, the only thing I can do about it is take medication. **T or F**
4. High cholesterol levels put me at risk for atherosclerosis. **T or F**
5. Thin people don't have to worry about high cholesterol. **T or F**



Answers

1. **False** – Evidence shows that the buildup of fatty plaque in arteries starts in childhood and progresses into adulthood.
2. **False** – Your blood cholesterol is primarily made up of two kinds of cholesterol. LDL (low-density lipoprotein) is the “bad” cholesterol and HDL (high-density lipoprotein) is the “good” cholesterol. HDL helps remove “bad” cholesterol from arteries and prevent blockage.
3. **False** – First, check your lifestyle habits. Smoking, eating too much saturated fat/trans fat/cholesterol, and being physically inactive can contribute to your cholesterol levels. Your doctor can help you determine if your lifestyle is affecting your cholesterol levels. Even if you're taking medication, it is important to have a heart-healthy lifestyle.
4. **True** – High cholesterol levels put you at risk for atherosclerosis (fatty buildup of plaque in artery walls). These deposits can contribute to blocking the blood flow to a part of the heart muscle and cause a heart attack. A high HDL level indicates an increased risk of heart disease.
5. **False** – Any type of body can have cholesterol. Everybody should be aware of what they eat even if they do not gain weight easily. However, overweight people are more likely to have high cholesterol. It is important to have your cholesterol checked regularly.

Foods to Lower Cholesterol Naturally

- Oats
- Salmon & fatty fish
- Nuts
- Beans
- Tea
- Chocolate
- Spinach
- Avocado
- Garlic
- Olive oil
- Red wine

Foods to Avoid if You Have High Cholesterol

- Egg yolk
- Fast food hamburger
- Macaroni & cheese
- Ice cream
- Rib-eye steak
- Lobster
- Liver
- Fried chicken or chicken with skin on

Resources

Check these out for more information!

www.mayoclinic.org

www.heart.org

<http://my.clevelandclinic.org>

Lettuce-Wrap Tacos with Beans & Corn

Cooking Corner

Ingredients

1 cup canned no-salt-added black beans, rinsed & drained
 ½ cup frozen whole-kernel corn, thawed
 1 small Roma tomato, diced
 ½ small avocado, diced
 2 tablespoons fresh cilantro
 1 tablespoon fresh lemon juice
 ½ teaspoon chili powder
 8 lettuce leaves
 ½ cup shredded low-fat

Monterey Jack shredded cheese

Directions

In a small bowl, stir together the beans, corns, tomato, avocado, cilantro, lemon juice, and chili powder. Spoon ¼ cup of bean mixture into the center of each lettuce cup. Top with Monterey Jack cheese and salsa. For tacos, fold the sides of the lettuce over the filling. For burritos, roll the lettuce to enclose the filling, tucking the ends in.



Recipe found on www.heart.org.

Cholesterol Diary

A cholesterol diary can help you track your success to healthy cholesterol levels. Write down your goal cholesterol number, which you should determine with your doctor, and keep a log of every time you have your cholesterol checked. The table below gives you an example of how to keep a cholesterol diary.

Even after you reach your goal, keep writing down your cholesterol number to maintain healthy cholesterol levels.

Example outline for a cholesterol diary

Total Cholesterol	Triglycerides	HDL ("Good" Cholesterol)	LDL ("Bad" Cholesterol)	Medications being taken to lower cholesterol
Goal:				
Date:				
Date:				

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Wellness Works Food Pantry Locations

Central Region

Morgantown, Grafton, Kingwood
 (304) 292-6597

Southern Region

Hinton, Bluefield
 (304) 425-4306

Weston Region

Elkins, Webster Springs
 (304) 636-4875

Parkersburg Region

New Martinsville, Mobile Food Pantry
 (304) 917-4486

Western Region

Pettus
 (304) 380-0162

For more information, visit www.CatholicCharitiesWV.org



Our Mission is to alleviate poverty, distress, and injustice by providing comprehensive social services to the poor and vulnerable, advocating for social justice, and calling all people of good will, especially those of the Church, to service.