

Getting Cholesterol Under Control

More than 102 million American adults 20 years or older have high cholesterol—a condition that typically has no symptoms but can lead to serious health issues if left unmanaged. Learn why and how to reduce your risk.



THE
GOOD
&
THE
BAD

WHAT IS
SAFE?

High Cholesterol Contributes to:

- Heart disease and heart attacks
- Peripheral artery disease
- Heart failure
- Erectile dysfunction
- Stroke

Factors that May Impact Cholesterol:

- Family history of heart disease
- Heredity: Black and Hispanic descent
- Aging
- Diabetes
- Weight: Obesity or a large waist
- Physical inactivity
- Poor diet
- Tobacco use

Lifestyle Matters:

- Reduce intake of trans fats
- Minimize processed, smoked, or charred meats
- Minimize fried foods
- Maintain a healthy weight
- Increase intake of legumes, vegetables, fruits, and whole grains
- Increase regular physical activity

Important Cholesterol Numbers:

	Optimal	At Risk
Total Cholesterol	<200 mg/dL	>240 mg/dL
Bad Cholesterol (LDL)	<100 mg/dL	>160 mg/dL
Good Cholesterol (HDL)	>60 mg/dL	<40 mg/dL

References:

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