

Defining Fat

Total Cholesterol:

The measure of all cholesterol types in your blood.

LDL Cholesterol ("BAD" Cholesterol):

The type of cholesterol that builds up as plaque on the inside of the artery walls.

HDL Cholesterol ("GOOD" Cholesterol):

The type of cholesterol that helps to protect your arteries from plaque build up.

Triglycerides:

The type of fat found in the blood stream. It's processed in the liver when excess food is consumed, especially sugar, fat and alcohol.

Cholesterol:

A white waxy substance that is made in the body by the liver. It's needed for our body to function properly. 80% of our cholesterol is produced by the liver and the other 20% comes from the food we eat ~ therefore we do not need to take much cholesterol in from food sources.

If too much cholesterol is present in our blood stream it begins to build up as plaque on the artery walls and can eventually block the flow of blood to the heart or brain, causing a heart attack or stroke.

Saturated Fat: **increases blood cholesterol levels*

Found in animal products such as meat and poultry, processed meats, butter and dairy products. Saturated fat is also found in tropical oils such as palm oil and coconut oil.

Hydrogenated Fat: **increases blood cholesterol levels*

Hydrogenation is a process that changes a liquid fat (i.e., oil) into a solid fat (saturated). Trans fatty acids are formed when foods are partially hydrogenated. Trans fats raises LDL Cholesterol (BAD Cholesterol) and lowers the HDL Cholesterol (Good Cholesterol). Trans fats are found in a lot of prepackaged foods such as cookies, muffins, cakes, fast foods, and "ready to serve" meals. Check the ingredient list and if it contains shortening then you know that particular product has trans fats in it.

Polyunsaturated Fat: **they help to reduce blood cholesterol levels (heart healthy)*

Found mainly in vegetable oils, such as safflower, corn, soybean, and sesame. They are fats which are soft or liquid at room temperature.

Monounsaturated Fat: **they help to reduce blood cholesterol levels (heart healthy)*

Found mainly in oils such as olive oil, canola and peanut oil.