

## SUPPLEMENTS

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There are some supplements on the market that have been shown to reduce cholesterol levels. Chromium is one of those supplements. If taken in 200 mcg per day it can help to lower cholesterol levels. Vitamin B3 has also been shown to lower cholesterol levels. Several grams of B3 should be taken per day. If Vitamin C is taken in the amount of 100 mg to 1 g per day it may help lower cholesterol. Soy has been linked to lower cholesterol levels. 30 g per day of soy has been shown to be the proper amount to be taken to lower cholesterol. Fiber is a big cholesterol reducer. Soluble fiber has strong links to lowering cholesterol.



All of the above supplements can be found in foods. With the proper diet one could consume all of the vitamins, mineral, etc. needed for the day. Before beginning any type of supplementation consult your physician.



NDSU Health Fair  
Treasure Your Health  
April 12, 2005

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## High Blood Cholesterol



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NDSU Wellness Center

# High Blood Cholesterol

## WHAT IS IT?

Cholesterol is a fat, lipid, that is essential for normal body functions. However, too much cholesterol can lead to health problems. If you have family members with high cholesterol, eat a lot of high saturated fat foods, or foods with high levels of cholesterol you have an increased risk of developing heart related problems. These problems start with hardening of the arteries, termed atherosclerosis. This can lead to a stroke, heart attack, or coronary heart disease.



## TYPES OF CHOLESTEROL

There are two main types of cholesterol. They are LDL and HDL. Low-density-lipoprotein (LDL) is usually referred to as the bad cholesterol. This is the type that clogs arteries. High-density-lipoprotein (HDL) is referred to as the good cholesterol. High levels of HDL has been shown to lower the LDL levels in the blood stream. It does this by removing the LDL from the blood and brings it to the liver for disposal.



## KNOW YOUR NUMBERS

Total Blood Cholesterol: 200 or lower  
LDL: less than 100  
HDL: 50 or higher  
Triglycerides: 150 or lower



## DIET

A nutritious diet is very important in keeping cholesterol levels low. A diet should have a reduced saturated fat intake. Increases in saturated fats have been linked to high levels of cholesterol. Eat a low-fat high fiber diet. Vegetables do not have cholesterol in them so, eat plenty of colorful veggies. Fish has been shown to increase HDL levels. Fish has omega-3 fatty acids which help protect against heart disease. Eat plenty of fish to get the omega-3 fatty acids but also consume flaxseed. Not only does flaxseed also has the good fatty acids but it also is a good source of soluble fiber. Soluble fiber has been shown to lower cholesterol levels. Try to avoid trans fatty acids which are in hydrogenated oils such as margarine.

