

## Health Literacy Now

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### High Cholesterol

#### What is cholesterol?

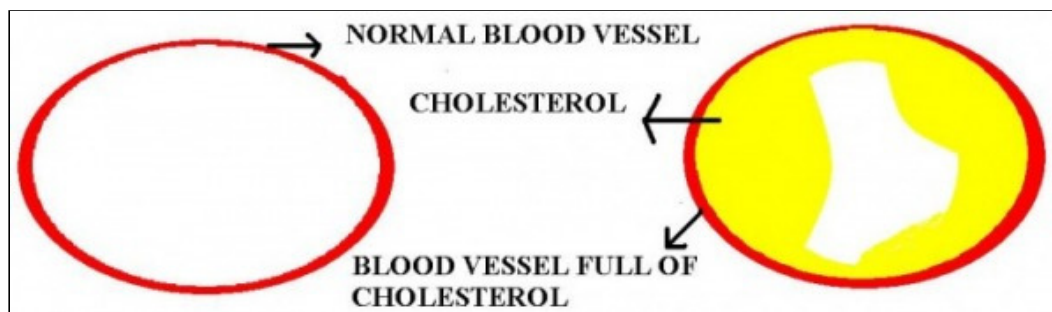
The oil and fats that we eat is used by our body to make cholesterol.

Cholesterol is also part of some foods we eat.

#### Why is high cholesterol bad?

High cholesterol is bad because it sticks to the walls of the pipes or vessels that carry blood. In this way, it blocks the blood vessels slowly.

See the picture below



## What can happen if I have high cholesterol?

\*High cholesterol can block blood vessels in your heart. This can lead to a [heart attack](#).

\*High cholesterol can block blood vessels in your brain. This can lead to a [stroke](#).

\*High cholesterol can block blood vessels in your legs. You will feel [pain on walking](#).

\*High cholesterol can block blood vessels in your belly. You can have [pain in your belly](#) after eating.

## Can I have high cholesterol even when I feel fine?

Yes, most people with high cholesterol feel fine. They only find out after they have a heart attack or stroke.

## Am I at risk of high cholesterol?

You are at risk of high cholesterol if

- \*You are not active and you do not exercise.
- \*You are overweight.
- \*You drink a lot of alcohol.
- \*You eat a lot of fried and oily food.
- \*You eat foods with a lot of sugar.
- \*You have a close relative with high cholesterol.
- \*Some types of medications and medical problems.

### **How do I know that I have high cholesterol?**

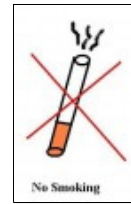
You only need a simple blood test to find out about your cholesterol.

### **What do I need to do to lower my cholesterol?**

- \*[Exercise daily.](#)



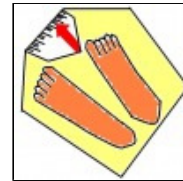
\*Stop smoking.



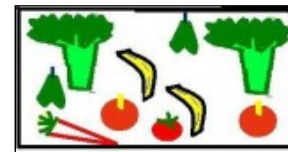
\*Avoid alcohol as much as possible.



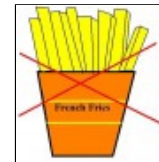
\*Lose weight.



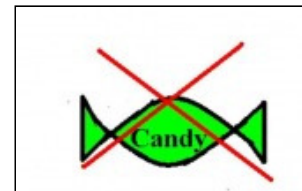
\*Eat food with more fiber.



\*Avoid foods that are oily.



\*Avoid foods with lot of sugars.



## Do I need to stay away from certain foods?

\*Avoid fried foods.

\*Avoid cookies, cakes and crackers sold in grocery stores.

\*Avoid whole milk or foods made with whole milk.

\*Avoid ice creams.

- \* [Avoid cheese and butter](#). Avoid foods made with cheese and butter.
- \* [Avoid mutton and beef](#) if possible. If not, use cuts with the least fat.
- \* [Avoid egg yolks](#).
- \* [Avoid organ meats](#) like liver, kidney and brain.
- \* [Avoid hotdogs, sausages and salamis](#).
- \* [Avoid margarine](#).
- \* [Avoid coconut oil and palm oil](#).

## What types of food do I eat?

- \* [Eat more fruits and vegetables](#).
- \* [Eat cereals](#) with oat, barley and other [whole grains](#).
- \* Eat [baked or grilled fish](#) one to two times a week.
- \* Eat chicken and turkey [without skin](#).
- \* [Use olive oil, canola oil, corn oil or soybean oil](#) in limited amount.
- \* [Use fat free or low fat milk](#) and foods made with them.
- \* [Eat beans and peas](#).