



CONTACT NEMS

1-888-500-1886

WWW.NEMS.ORG

### WHAT IS HIGH BLOOD LIPID?

High blood lipid is a condition that includes high levels of cholesterol and triglyceride in the blood. Cholesterol is a waxy, fat-like substance made in the body.

Triglyceride is the most common type of fat in the body.

High blood lipid increases the risk of getting heart disease and stroke. This can happen to anyone at any age.

### RISK FACTORS

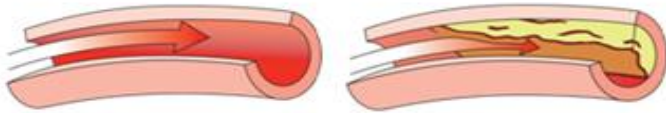
You may be at higher risk if you have any of the following factors:

- Family history of early heart disease
- Overweight or obese
- Physical inactivity
- Diet high in fat, especially cholesterol, saturated fat and trans fat
- Diabetes or existing cardiovascular disease

### WARNING SIGNS AND SYMPTOMS

Over time, the clumps of blood lipid harden into “plaque.” It can narrow the blood vessel. If this happens in a blood vessel in the heart, it can lead to chest pain. When a blood vessel that carries blood to the heart is completely blocked up by plaque, a heart attack can occur. When a blood vessel that carries blood to the brain is blocked, a stroke can occur.

There are usually no signs or symptoms for high blood lipid. It is important to have a fasting blood test to check blood lipid regularly.



Blood flow in normal vessel

Blood flow in blocked vessel

Sources:

- Centers for Disease Control and Prevention
- National Heart, Lung and Blood Institute
- National Institute of Health
- American Heart Association
- Nutrition Care Manual

Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional. North East Medical Services disclaims any liability for the decisions you make based on this information.

### RECOMMENDED LEVELS FOR CHOLESTEROL AND TRIGLYCERIDE:

Total Cholesterol	
Adult	Less than 200 mg/dl
Children 2-19 years old	Less than 170 mg/dl
HDL (Good) Cholesterol (the higher the better)	
Adult	Over 40 mg/dl
Children 2-19 years old	Over 45 mg/dl
LDL (Bad) Cholesterol (the lower the better)	
Adult	Less than 130 mg/dl
Children 2-19 years old	Less than 110 mg/dl
Triglyceride (Not cholesterol – another form of fat in the blood)	
Adult	Less than 150 mg/dl
Children 0-9 years old	Less than 75 mg/dl
Children 10-19 years old	Less than 90 mg/dl

### STEPS TO LOWER YOUR RISK:

- **Eat a heart-healthy diet (see food examples on the back)**
  - Limit the total amount of fat in your diet especially saturated fat and trans fat
  - Limit the amount of cholesterol in your diet
  - Eat high fiber foods
  - Incorporate omega-3 fats in your diet
- **Maintain a healthy weight**
- **Exercise regularly**
  - Plan to get at least 30 minutes of exercise everyday
- **Quit smoking**
- **Monitor your blood lipid levels regularly**
- **If prescribed, medication should be taken as directed by your doctor**
- **For more information on a heart healthy diet, please schedule an appointment with a nutritionist (Registered Dietitian)**



CONTACT NEMS

1-888-500-1886

WWW.NEMS.ORG

### FOOD SUGGESTIONS

FOOD GROUP	RECOMMENDED FOODS	NOT RECOMMENDED FOODS
Grains	<ul style="list-style-type: none"> <li>Whole grain, high fiber breads</li> <li>Oatmeal and oat products</li> <li>Brown rice</li> <li>Whole grain, high-fiber breakfast cereals</li> <li>Whole wheat pasta</li> <li>Low-fat crackers (such as low fat saltine and graham cracker)</li> </ul>	<ul style="list-style-type: none"> <li>High-fat bakery products (such as pineapple bun, Chinese doughnuts, doughnuts, biscuits, croissants, Danish pastries, pies and cookies)</li> <li>Snacks made with partially hydrogenated oils (such as chips, cheese puffs, crackers and butter-flavored popcorn)</li> <li>Instant noodle and cup noodle</li> </ul>
Vegetables	<ul style="list-style-type: none"> <li>Fresh or frozen vegetables not prepared with saturated fat or trans fat</li> </ul>	<ul style="list-style-type: none"> <li>Fried vegetables</li> <li>Vegetables prepared with butter or cheese</li> </ul>
Fruits	<ul style="list-style-type: none"> <li>Fresh or frozen fruits not prepared with saturated fat or trans fat</li> </ul>	<ul style="list-style-type: none"> <li>Fried fruits</li> <li>Fruits prepared with cream or butter</li> </ul>
Meats and Protein Foods	<ul style="list-style-type: none"> <li>Fish (such as salmon and sardines)</li> <li>Chicken breast without skin</li> <li>Lean cuts of pork and beef (such as loin, leg, round and extra lean hamburger)</li> <li>Egg whites and egg substitutes</li> <li>Dried beans and peas</li> <li>Meat alternatives made with soy protein (such as tofu and veggie burgers)</li> </ul>	<ul style="list-style-type: none"> <li>Fried meat, poultry and fish</li> <li>Fried meat alternatives (such as fried bean curd and bean curd puff)</li> <li>Higher-fat cuts of meats (such as ribs, t-bone steak, regular hamburger and pork belly)</li> <li>Processed meats (such as bacon, hot dog, sausage, salami and bologna)</li> <li>Organ meats (such as liver, brain and kidney)</li> <li>Poultry with skin (such as chicken wing and feet)</li> </ul>
Milk and Dairy Products	<ul style="list-style-type: none"> <li>Fat-free milk and milk products</li> <li>Fat-free or low fat yogurt</li> <li>Fat-free or low-fat cheese (such as cottage cheese)</li> </ul>	<ul style="list-style-type: none"> <li>Whole milk and whole milk yogurt</li> <li>2% fat milk</li> <li>Half-&amp;-half</li> <li>Cream, cream products and sour cream</li> <li>Whole-fat Cheese</li> <li>Ice cream and frozen yogurt</li> </ul>
Fats and Oils	<ul style="list-style-type: none"> <li>Vegetable oils (such as canola oil, soybean oil, olive oil and peanut oil)</li> <li>Soft or liquid margarines</li> <li>Nuts (such as almond and walnut), nut butter (such as peanut butter), and seeds</li> <li>Avocado</li> </ul>	<ul style="list-style-type: none"> <li>Butter and lard</li> <li>Partially hydrogenated oils (such as margarine and shortening)</li> <li>Tropical oils (such as palm and palm kernel oils)</li> <li>Salad dressings (such as ranch and thousand island)</li> </ul>
Other Foods	<ul style="list-style-type: none"> <li>Food high in <b>omega-3</b> fat (such as salmon, sardines, walnuts, ground flaxseeds and chia seeds)</li> </ul>	<ul style="list-style-type: none"> <li>Chocolate</li> <li>Nondairy cream substitutes made with trans fat (such as liquid coffee creamer)</li> </ul>
Alcohol		<ul style="list-style-type: none"> <li>All alcoholic beverages (such as beer, wine, liquor and mixed drinks with alcohol)</li> </ul>

Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional. North East Medical Services disclaims any liability for the decisions you make based on this information.

NEMS complies with all applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Free language assistance services and auxiliary aids and services are available.

Si habla español, se encuentran disponibles servicios de asistencia lingüística gratuitos y ayudas/servicios auxiliares.

如果您說中文，我們可提供免費語言協助和輔助設施服務。

Nếu quý vị nói tiếng Việt, chúng tôi có thể cung cấp dịch vụ hỗ trợ ngôn ngữ miễn phí và các thiết bị và dịch vụ hỗ trợ phù hợp.