

## HEART-Y Information

**Triglycerides:** This is stored fat. Eating foods low in fat as well as fewer sweets and alcohol will help lower. Levels should be **less than 150**

**Total cholesterol:** This is a waxy fat like substance found in tissue and blood. Too much cholesterol can deposit on blood vessel walls. Levels should be **less than 200**

**LDL-Low Density Lipoprotein:** This cholesterol sticks to artery walls & causes blockage. Some comes from excess fat in the body. Levels should be **less than 100**

**HDL-High Density Lipoprotein:** This cholesterol helps remove some of the LDL from artery walls. **Physical Activity can help raise HDL.** Levels should be **greater than 45**(males), **55**(females)



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# Dietary FATS



The Good,  
The Bad, &  
The Ugly

## THE GOOD

### UNSATURATED FATS

Mostly found in vegetable products. The 2 types of unsaturated fats are

**Monounsaturated Fats** such as olive, canola, peanut and sesame oil, avocado and most nuts.

**Polyunsaturated Fats** Choose high omega 3 sources such as: Salmon, sardines, tuna, walnuts, Flaxseeds. Use corn, soybean, sunflower oils less.

These fats are liquid at room temperature

*These fats are good. They are important because they help to **lower** your bad cholesterol (LDL)*



## THE BAD

### SATURATED FATS

These fats are found in:

**Animal products** like eggs (yolk), meat, poultry, bacon, sausages, butter, and dairy products (whole milk, cream, cheese).

**Plants** with saturated fats are from coconut, palm oil. Also found in **Processed Foods**

These fats are solid at room temperature

*These fats are bad because they **raise** your bad blood cholesterol (LDL), and total cholesterol*



## THE UGLY

### TRANSFATS

These are found in: Shortening, hard margarine, & processed foods.

You can identify these fats by reading ingredient list look for **“partially hydrogenated or hydrogenated oil”**

*These fats are really bad because they **raise** your bad cholesterol (LDL) & total cholesterol. They also **lower** your good cholesterol (HDL)*



### What is the FIBER Fuss?

Fiber is the non-digestible part of fruits, Vegetables, grains, and beans

#### Benefits of Fiber

- Helps lower blood cholesterol levels 😊
- Helps regulate blood sugars
- Helps you feel full & satisfied