

# Your Lipid Panel Worksheet



## Lipid Panel

The lipid panel is a blood test that tells you how much of different types of fat are in your blood

- **HDL** - good cholesterol, helps protect your heart
- **LDL and triglycerides** - bad fats, can block your blood vessels and cause heart attack and stroke

You can lower your LDL and triglycerides by healthy eating, exercising, and taking your medicines

Your LDL \_\_\_\_\_

Your Target LDL \_\_\_\_\_

Your Triglycerides \_\_\_\_\_

Your Target Triglycerides \_\_\_\_\_



# Lowering Your Cholesterol and Triglycerides: What You CAN Do!

## Choose These MORE Often!

### Whole Grains: 😊

- Oatmeal
- Whole grain breads
- Whole grain cereals

### Good sources of protein: 😊

- Fish
- Chicken or turkey (no skin)
- Ground turkey or extra lean ground beef (less than 7% fat)
- Lean cuts of beef and pork
- Egg whites
- Beans: pintos, kidney, split peas, lentils...

### Nonfat or low fat milk or milk product: 😊

- Nonfat or low fat (1%) milk or yogurt
- Nonfat or low fat ice cream
- Cottage cheese or cheese with less than 3gm of fat per ounce

### Healthy fats (to be used in small amounts): 😊

- Olive Oil or Canola Oil
- Soft (tub) margarine from canola or corn oil
- Avocado
- Nuts
- Seeds

## Choose fiber rich foods MORE often.

### (They can lower your cholesterol) : 😊

- **All Beans:** Pinto beans, black beans, split peas, lentils
- **Vegetables:** Plantains, Brussels sprouts, asparagus, winter squash, beets, carrots, broccoli, tomato, zucchini, cucumber, cauliflower, eggplant, cabbage...
- **Fruits:** Blackberries, mango, apples, oranges, cantaloupe, pears, apricots, watermelon, kiwi...
- **Oatmeal** and barley

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## Choose LESS of These!

### Animal Fats: 😞

- **Less fatty meats:** Bacon, sausage, bologna, hot dogs, ground meats, ribs, salami, fatty cuts of meat

**Less whole milk and whole milk products:** Cheese, ice cream (unless they are fat free or low fat)

**Less organ meat** (liver, kidney, heart, brain, blood)

**Less alcohol:** no more than 2 standard drinks per day

### Desserts, **Fried** food, and **Solid** Fats: 😞

- Less donuts, pie, cake, ice cream
- Less chips, pork rinds, pizza, instant noodle soup
- Less butter, cream, hard margarines
- Less soda, juices, sweet drinks

**Lose weight** if you are overweight; a weight loss of 10 lb. can make a difference.

**Exercise** can lower cholesterol. Talk to your doctor about an exercise plan.