

My results



My goals:

If you have had a stroke or have heart disease:

Total Cholesterol: less than 4.0 mmol/L	LDL Cholesterol: less than 2.0 mmol/L
HDL Cholesterol: more than 1.5 mmol/L	Triglycerides: less than 1.7 mmol/L

If you have not had a stroke and/or do not have heart disease:

Total Cholesterol: less than 5.2 mmol/L	LDL Cholesterol: less than 2.6 mmol/L
HDL Cholesterol: more than 1.3 mmol/L	Triglycerides: less than 1.7 mmol/L

Blood pressure: less than _____ (ask your doctor what your target is)

Date	Total Cholesterol	HDL Cholesterol	LDL Cholesterol	Triglycerides	Blood Pressure

Notes: _____

What is blood cholesterol?

Cholesterol is a waxy, fat-like substance in your blood. It is made in your body by the liver. Our bodies need small amounts of cholesterol for many body functions.

There are 2 types of cholesterol in your blood:

1. High Density Lipoprotein (HDL) Cholesterol – GOOD cholesterol

HDL takes blood cholesterol back to your liver where it can be removed from your body. High levels are healthy for you. You can increase your HDL by:

- stopping smoking
- exercising regularly
- eating less trans fat

2. Low Density Lipoprotein (LDL) Cholesterol – BAD cholesterol

LDL leaves blood cholesterol in the walls of your arteries, causing them to narrow over time. High levels can increase your risk of having a stroke.

You can decrease your LDL by eating:

- more fruits and vegetables
- more plant based foods (such as legumes, nuts and seeds)
- more whole grains for fibre
- less processed food with trans fats (such as take out or frozen meals, bake shop items). Cook more often at home.

What are triglycerides?

Triglycerides are another type of fat found in the blood. High triglyceride levels in your blood increase your risk of having a stroke. You can decrease your triglycerides by:

- eating fewer foods and drinks that are high in sugar
- drinking less or no alcohol
- maintaining a healthy weight
- exercising regularly
- maintaining target blood sugar levels (if you have diabetes)