



Find health and closer connection.



## HDL, LDL, and Triglycerides

# WHAT'S THE DIFFERENCE?

Cholesterol has many different types. What do they all mean?

### **HDL Cholesterol: The Good Stuff**

- HDL stands for high-density lipoprotein. It is also known as "good" cholesterol.
- Maintaining a healthy level could protect against a heart attack and stroke.
- HDL takes the LDL (the bad stuff) away from arteries and to the liver where it is broken down and passed from the body. However, this doesn't eliminate all the LDL in the body.

### **LDL Cholesterol: The Bad Stuff**

- LDL stands for low-density lipoprotein. It is also known as "bad" cholesterol.
- LDL contributes to the fatty build up in arteries.
- The fatty build up will narrow arteries and increases the risk for heart attacks, strokes, and peripheral artery disease.

### **Triglycerides**

- Triglycerides are the most common type of fat in the body. They store excess energy consumed in the diet.
- Having a high level of triglycerides, combined with either high LDL or low HDL, is linked to fatty build-ups in arteries.

This information does not provide medical advice, diagnosis or treatment. It should not be used as a substitute for health care from a licensed healthcare professional. Consult with your healthcare provider for individualized treatment or before beginning any new program.

# KEEP YOUR NUMBERS IN CHECK

- Eat a heart-healthy diet that is low in trans fats and saturated fats.
- Include fruits, vegetables, whole grains, poultry, fish, and nuts.
- Limit intake of red and processed meats, sodium, and sugar-sweetened foods and drinks.
- Be physically active. It's important to reach 150 minutes of moderate-intensity exercise a week.
- Quit tobacco. Smoking and vaping lower your HDL cholesterol, and increases your risk of coronary artery disease.
- Manage your weight. Being obese or overweight is linked to higher LDL and lower HDL numbers.



#### Sources:

Heart.org. HDL (Good), LDL (Bad) Cholesterol and Triglycerides. <https://www.heart.org/en/health-topics/cholesterol/hdl-good-ldl-bad-cholesterol-and-triglycerides>. Accessed 11/10/2022.

U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition.

December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov). American College of Cardiology-Guideline on the Management of Blood Cholesterol:

<https://www.acc.org/~media/Non-Clinical/Files-PDFs-Excel-MS-Word-etc/Guidelines/2018/Guidelines-Made-Simple-Tool-2018-Cholesterol.pdf>.

Accessed 11/10/2022.