

Reduce your Cholesterol

Cholesterol is a waxy substance. It is present in the blood and body cells of humans and animals. Our bodies produce cholesterol. But it is also found in some of the foods we eat.

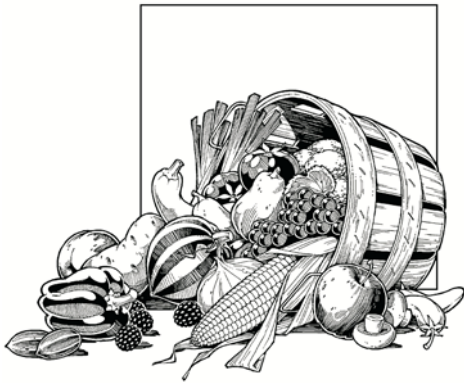
There are two sources of cholesterol:

1. Foods containing fats rich in cholesterol. These are foods of animal origin including meats, bacon, sausages, eggs, lard, dairy cream, ice cream, whole milk, and most cheeses.

2. Our own body. Our body can produce cholesterol using fats we eat in excess. These fats can be vegetable oil, margarine, mayonnaise, salad dressings, fried foods, pastries, peanut butter, or any food rich in fats.

When we limit the amount of fats we eat, we also reduce our cholesterol. This helps reduce the risk of heart disease as well as the risk of gaining weight and developing some types of cancer.

For good health, exercise regularly and eat foods low in fats and cholesterol.



Fruits and vegetables do not have cholesterol.

Use Less Fats and Cholesterol

- ▶ Skin chicken, trim and discard fat from beef and other meats.
- ▶ Boil, bake, roast, and broil meats and other foods instead of frying.
- ▶ If you use margarine, butter and other fat-rich spreads on toast and sandwiches, use "lowfat," "diet," or "nonfat." Avoid buying margarines that have coconut or palm oil.
- ▶ When buying cooking oil, choose safflower, corn or canola, and use it in small quantities.
- ▶ Use lemon juice for the salads or non-fat or low-fat dressings and spreads.

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