

UNSCRAMBLING CHOLESTEROL

FACT

According to the Heart and Stroke Foundation of Canada...

"One long standing myth about high blood cholesterol is that it is caused by eating foods containing cholesterol.

It's not so – research shows that it is the fat in food, particularly the saturated and *trans* fat, and not the cholesterol in food that raises blood cholesterol the most." Although dietary cholesterol does not affect blood cholesterol in most people, a small percentage of people, with a family history of high blood cholesterol, are very sensitive to it and must limit it. Visit www.heartandstroke.ca for more information on healthy living and heart health.

Healthy blood cholesterol levels lower your risk of heart disease. Separating cholesterol fact from fiction can help you make healthy choices. Even small changes can have a big impact when you focus on what matters most

UNDERSTANDING CHOLESTEROL

Cholesterol is made naturally by all animals and humans. Your body needs cholesterol to make hormones and vitamin D and to keep cell walls healthy. Your liver makes most of the cholesterol your body needs.

Dietary cholesterol is found in animal foods such as meat, fish, poultry, eggs and milk products. Dietary cholesterol has little effect on blood cholesterol for most people.

Blood cholesterol is the cholesterol found in your blood. The amount and type of cholesterol in your blood can affect your heart health. There are two main types of blood cholesterol, LDL and HDL:

"good" HDL cholesterol

This type of cholesterol can reduce the build up of plaque on your artery walls. High HDL levels lower your risk of heart disease.

"bad" LDL cholesterol

This type of cholesterol can contribute to a build up of plaque in your arteries. High LDL levels raise your risk of heart disease.

Talk to your doctor for more information on your blood cholesterol levels.

WHAT MATTERS MOST

A healthy lifestyle can help you control your blood cholesterol levels. What matters most is achieving a healthy weight, being physically active and enjoying a healthy eating pattern that is low in saturated and *trans* fats.

1. Aim for a Healthy Weight

Being overweight is linked to higher LDL cholesterol levels – especially excess weight around the waist. Aim for a waist measurement less than:
40 inches (102 cm) if you are male
35 inches (88 cm) if you are female

2. Be Active

Physical activity can increase HDL cholesterol levels. Aim to be active for at least half an hour a day! Check out *Canada's Physical Activity Guide* for ideas:

www.healthcanada.ca/paguide *

3. Eat Well

A healthy eating pattern that is low in saturated and *trans* fats can lower LDL cholesterol levels. Enjoy a variety of foods from each food group in *Canada's Food Guide to Healthy Eating*:

www.healthcanada.ca/foodguide *

See over for heart healthy eating tips...

* Or contact your local health department for these resources.

HEART HEALTHY FOOD CHOICES

Eggcellent Nutrition - Research shows that healthy adults can enjoy an egg every day without increasing their risk of heart disease.¹ That's good news because nearly all the essential nutrients required by your body are found in an egg. In fact, eggs provide a number of heart healthy nutrients such as folate, vitamin B₁₂, omega-3 and omega-6 fatty acids and antioxidants such as lutein. No wonder people who regularly eat eggs are more likely to meet their needs for vitamins B₁₂, A, C and E.²

Here are some tips to guide you in making heart healthy food choices. Keep in mind that it is the sum of what you eat over time that matters for healthy eating.

Nutrition Facts

The Nutrition Facts on food labels can help you make healthy food choices.

To learn more about how to use the nutrition information on labels, contact your local health department or visit:

www.healthyeatingisinstore.ca

Nutrition Facts	
Per 1 large egg (50 g)	
Amount	% Daily Value
Calories 70	
Fat 5 g	8 %
Saturated 1.5 g	8 %
+ Trans 0 g	
Cholesterol 190 mg	
Sodium 55 mg	2 %
Carbohydrate 0 g	0 %
Fibre 0 g	0 %
Sugars 0 g	
Protein 6 g	
Vitamin A 8 %	Vitamin C 0 %
Calcium 0 %	Iron 2 %
Vitamin D 2 %	Vitamin E 6 %
Riboflavin 15 %	Niacin 6 %
Vitamin B ₁₂ 30 %	Folate 15 %

Source: Health Canada Canadian Nutrient File, 2001

ENJOY MORE	CHOOSE LESS
<p>Unsaturated and omega-3 fats to replace saturated and trans fats</p> <ul style="list-style-type: none"> Vegetable oils such as olive, canola, safflower, sunflower and corn Soft non-hydrogenated margarines Fatty fish such as salmon, mackerel and trout Fresh eggs Nuts and seeds such as flax and sun flower seeds <p><i>Tip: Enjoy 1-2 fish meals a week and other foods that are rich in omega-3 fats such as flax and omega-3 eggs to boost your omega-3 intake.</i></p>	<p>Saturated and trans fats to lower LDL cholesterol levels</p> <ul style="list-style-type: none"> Baked goods such as cookies, cakes and donuts Snack foods such as crackers, potato chips and microwave popcorn Deep-fried and processed foods made with lard, shortening, palm or coconut oil Butter, lard, shortening, hard hydrogenated margarines, whipped toppings and coffee whiteners <p><i>Tip: Choose lower-fat milk products and lean meats and poultry.</i></p>
<p>Vegetables and fruit to increase antioxidants and fibre</p> <ul style="list-style-type: none"> Fresh, canned and frozen fruits and vegetables Dark green leafy vegetables Vegetable soups and juices Fruit salads and juices Dried fruits <p><i>Tip: Aim to eat 5-10 servings of vegetables and fruit each day.</i></p>	<p>Refined carbohydrates and sugars</p> <ul style="list-style-type: none"> White pasta and white rice, white breads and refined cereals Candy, cakes, cookies and chocolate Pop, fruit drinks, punches and beverages Table sugar, syrups, jams and honey <p><i>Tip: Opt for more whole grain breads, cereals, pasta and other whole grains.</i></p>

References

- Hu FB et al. Journal of the American Medical Association 1999; 281:1387-1394.
- Song WO et al. Journal of the American College of Nutrition 2000; 19(5): 556S-562S.

For more information on healthy eating and eggs visit www.eggs.ca or contact your provincial egg organization.



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