

NUTRITION AND DIET  
COUNSELING ASSOCIATES

## What does my HDL number mean?

Your HDL cholesterol level may be too low, putting you at increased risk of having a heart attack. However, you should discuss all your cholesterol levels with your doctor.

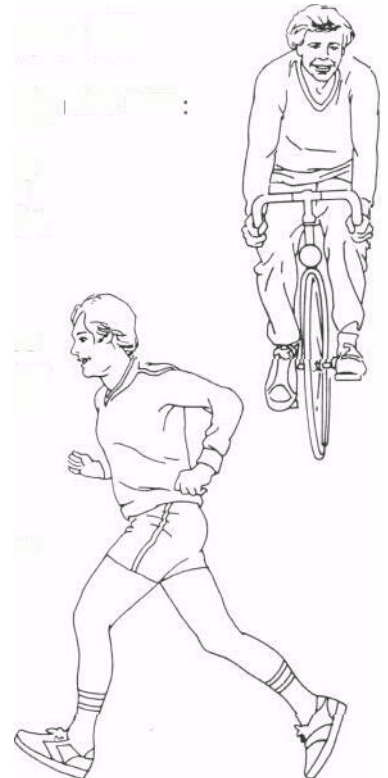
	Low HDL cholesterol
Male	< 35 mg/dL
Female	<35mg/dL

## If I have a low HDL, how do I raise it?

Fortunately, you can incorporate changes into your lifestyle that can help raise HDL



- **Diet**—Proper nutrition is essential. Eating foods containing monounsaturated fat (such as olive oil) and avoiding foods high in unhealthy saturated fat (such as palm or coconut oil) are two important changes.
- **Weight loss**—Obesity contributes to low HDL. A healthy diet and good exercise program will not only help you lose weight, but may help raise your HDL levels and reduce your risk of a heart attack. Talk to your doctor about your weight loss goals.
- **Exercise**—Make exercise part of your lifestyle. Activities such as brisk walking, running, jogging, cross-country skiing, swimming, and hiking are all good choices and can help raise your HDL. *Remember, see your doctor before beginning any exercise program!*
- **Stop smoking**—Cessation of smoking raises HDL cholesterol and is an important step in improving your health.
- **Talk to your doctor**—Some patients may require medication in addition to diet, exercise, and weight loss. It's easy to make cholesterol control part of your lifestyle—ask your doctor to help.



*Remember, have your HDL and LDL levels checked at least once every 5 years and discuss them with your doctor.*

***Be smart-know your HDL and LDL!***