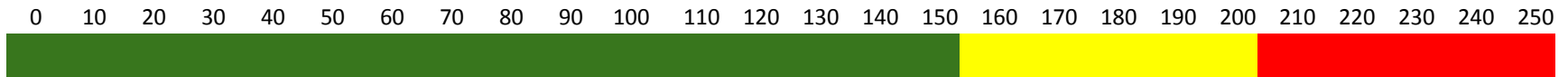
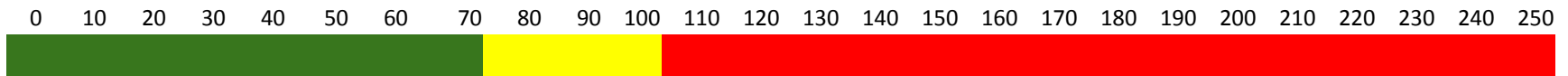


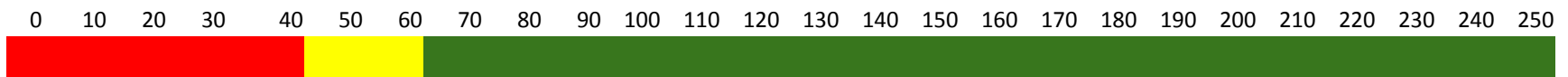
Cholesterol (total) is a waxy substance that our cells use to make hormones, Vitamin D, and digestive substances. Our bodies can make all the cholesterol we need. Cholesterol is also found exclusively in animal-based foods. Excess cholesterol in our arteries leads to plaque buildup (atherosclerosis), setting the stage for coronary artery disease (narrowed or blocked arteries).



LDL ("bad" cholesterol) is the cholesterol that builds up on artery walls and increase our risk of heart disease. High LDL is especially dangerous if you have a disease that may damage the blood vessels (e.g. high blood pressure, diabetes).



HDL ("good" cholesterol) protects against heart disease by removing bad cholesterol from the blood and keeping it from building up in the arteries. HDL can be increased with exercise.



Triglycerides are a type of fat in your body. Elevated triglycerides may be a risk factor for atherosclerosis. Highly elevated levels may also cause fatty liver disease and pancreatitis. A plant-based diet, which is naturally low in fat, can reduce these.

