

The Ultimate Cholesterol Guide

How To Maintain A Healthy Heart In Your Senior Years



! **Cholesterol** - cholesterol is a fat-like substance that is naturally present in your body. While your body produces it, you also get cholesterol from eating different foods, particularly from plenty of animal-based foods.

3 Ways To Manage Cholesterol



The Good vs. The Bad

HDL (Good)

High-Density Lipoprotein helps transport excessive cholesterol from the body back to the liver for excretion.

Goal: Minimizes plaque buildup and lowers the risk of heart disease and stroke.

LDL & VLDL (Bad)

Low-Density Lipoprotein affects and damages artery walls. VLDL carries even more triglycerides.

Risk: Causes plaque accumulation, leading to blockages and cardiovascular conditions.

Heart-Healthy Diet



Eat whole grains (oats), beans, plant oils, nuts (almonds), and fiber-rich fruits.

Avoid Saturated And Trans Fats

Target Cholesterol Levels

For seniors over 60, regular monitoring every 3 to 4 months is key. Below are the standard target ranges:

Lipid Type	Target Level (mg/ dL)	Notes
Total Cholesterol	< 200 mg/DL	Measures the total amount in the bloodstream
LDL (Bad)	< 100 mg/DL	< 70 mg/dL if you have existing heart conditions
HDL (Good)	40-80 (Men) 50-80 (Woman)	> 80 mg/dL is considered too high
Triglycerides	< 150 mg/dL	Monitored via a lipid panel alongside
VLDL	< 30 mg/DL	Levels above 30 mg/dL are considered harmful

Stay Active



Get 20-25 minutes of brisk walking, swimming, or mild cardio daily.

Household Chores (NEAT) Also Help Burn Calories

Lifestyle Tweaks



Quit smoking, limit alcohol, maintain a healthy weight.

Use Yoga Or Meditation To Control Stress Hormones