

The Role of Food and Your Health: Cholesterol and Blood Sugar



**These slides were created by the
Kentucky Inclusive Health Collaborative at the
University of Kentucky Human Development
Institute in collaboration with Aramark and the
American Heart Association as part of the
Healthy for Life[®] Initiative.**



Agenda

- Introduction
- Role of Food
 - Cholesterol
 - Blood Sugar
- Facts on Fats
- Health Care Discussions
- Goal Setting



Learning Objectives

- Understand how food affects your body's cholesterol and blood sugar levels.
- Identify at least two strategies each for controlling cholesterol and blood sugar.
- Meet with a health care professional to discuss personal cholesterol and blood sugar measurements.



Ice Breaker

THE ROLE OF FOOD AND YOUR HEALTH: CHOLESTEROL



American
Heart
Association.

Cholesterol

- Cholesterol is made and used by our bodies
- Fat-like substance in blood and body's cells



Normal artery



Cholesterol blocked artery

Cholesterol

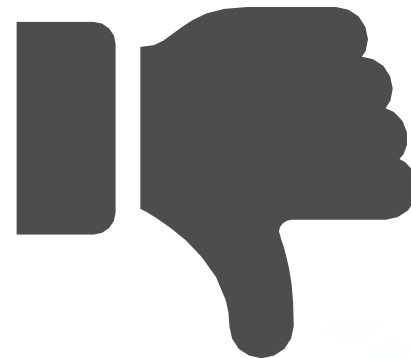
HDL – Good

- carries bad cholesterol out of arteries
- protects from heart attack and stroke



LDL – Bad

- builds up on artery walls
- arteries get clogged and narrow
- reduces blood flow to your heart and brain



Keep Cholesterol In Check!

- Eat a healthy **diet**
- Engage in **physical activity**

Remember the 3 C's!

- **Check** – and know your numbers
- **Change** – diet and lifestyle
- **Control** – your levels



Tips for Good Cholesterol

Eat More:

- Fruits
- Vegetables
- Whole Grains
- Nuts
- Legumes
- Fish

Eat Less:

- Saturated Fats
- Fatty or Processed Meats
- Refined Carbohydrates
- Sugary Drinks





Tips for Good Cholesterol

Good Fats

- Monounsaturated and Polyunsaturated
- Lowers bad cholesterol and risk of heart disease and stroke
- Body does not make

Bad Fats

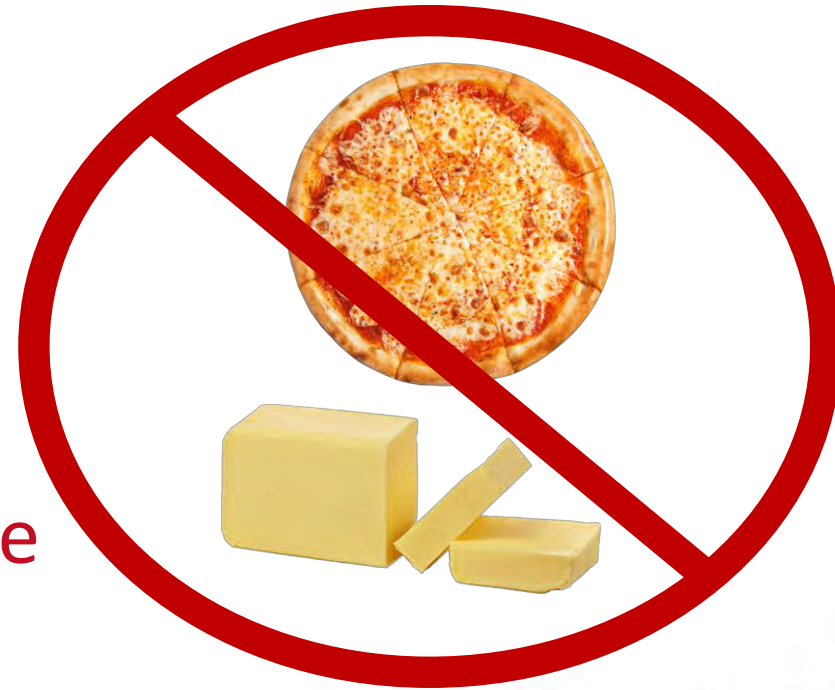
- Saturated fats and hydrogenated oils and trans fat
- Increase risk of heart disease and stroke



The AHA Recommends

Eating a Healthy Diet That . . .

- Includes good, unsaturated fats
 - Avocados, olive oil, nuts
- Limits saturated fats
 - Cheese, butter, bacon
- Keep trans fats as low as possible
 - Pizza and baked goods



Get Active

- **Aerobic (Heart Pumping)**
 - Moderate Activity
 - 150 minutes per week
 - Vigorous Activity
 - 75 minutes per week
 - You can also mix and match or do both throughout the week!
- **Muscle Strength Training**
 - Moderate-High
 - 2 days a week





INSULIN



LOW
GLUCOSE



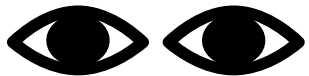
Blood Sugar Definitions and Concerns

Definitions:

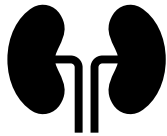
- Diabetes – condition where you have too much sugar in your blood
- Insulin – a hormone that controls blood sugar levels
- Glucose – the sugar that fuels your body

If untreated, high blood sugar can damage parts of your body including:

Eyes



Kidneys



Nerves



Heart



Blood Sugar: Healthy Tip

- Lower risk of diabetes and heart disease!
- TIP: Replace sugary drinks with sparkling water
- Sugary Beverages:
 - Full of calories
 - #1 source of added sugar in our diet
 - 12 ounces of soda = about 10 teaspoons of sugar



Health Care Discussions

Learn About Your
Cholesterol and Blood Sugar



HOW TO CONTROL CHOLESTEROL

1 UNDERSTAND CHOLESTEROL

Cholesterol is a fat-like substance that comes from two sources: **FOOD** and **BODY**. It is found in foods from animal sources only. It travels in the body by lipoproteins (LDL and HDL).



HDL = GOOD

High-density lipoprotein is known as "good" cholesterol.



LDL = BAD

Low-density lipoprotein is known as "bad" cholesterol.

HDL helps keep LDL from sticking to artery walls and reduces plaque buildup. This process can lower the risk of heart disease and stroke. heart.org/Atherosclerosis

TRIGLYCERIDES

The most common type of fat in the body.

TOTAL CHOLESTEROL

$HDL + LDL + 1/5\text{th of triglyceride level} = \text{total cholesterol level.}$

2 TRACK LEVELS



A health care provider can measure blood cholesterol and help you understand what the levels mean.



Track your cholesterol levels over time and take steps to reduce high cholesterol.

LEARN MORE AT HEART.ORG/MYLIFECHECK AND HEART.ORG/CHOLESTEROL

© Copyright 2019 American Heart Association, Inc., a 501(c)(3) not-for-profit. All rights reserved. Unauthorized use prohibited. Citations available upon request. 5/19 051-045

3 TIPS FOR SUCCESS



EAT SMART

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins and fish. Limit sugary drinks and foods, fatty or processed meats, full-fat dairy products, eggs and tropical oils. heart.org/EatSmart



MOVE MORE

Physical activity helps improve cholesterol levels. heart.org/MoveMore



KNOW YOUR FATS

The fats you eat can affect your cholesterol levels. Replace saturated fats with unsaturated fats. heart.org/Fats



DON'T SMOKE

Smoking lowers good HDL cholesterol and raises your risk of heart disease. heart.org/Tobacco



TAKE MEDICATION AS DIRECTED

Your doctor may prescribe statins or other medications to control your cholesterol levels.

HOW TO MANAGE BLOOD SUGAR

1 UNDERSTAND BLOOD GLUCOSE

The first step to managing your blood sugar is to understand what makes blood sugar levels rise. heart.org/Diabetes

GLUCOSE INSULIN

The carbohydrates and sugars in what you eat and drink turns into glucose (sugar) in the stomach and digestive system. Glucose can then enter the bloodstream.

Insulin is a hormone made in the pancreas that helps the body's cells take up glucose from blood and lower blood sugar levels.

In type 2 diabetes glucose builds up in the blood instead of going into cells because:

The body develops "insulin resistance" and can't use the insulin it makes efficiently.

The pancreas gradually loses its ability to produce insulin.

The result can be a high blood glucose level.



2 TRACK LEVELS

Health care providers can take blood glucose readings and provide recommendations. If you're diagnosed with type 2 diabetes, you will need to monitor your blood sugar level regularly. Know Diabetes by Heart can help you manage type 2 diabetes. KnowDiabetesbyHeart.org

Fasting Blood Glucose	Diagnosis	What it Means
Lower than 100 mg/dl	Normal	Healthy range
100 to 125 mg/dl	Prediabetes (Impaired Fasting Glucose)	At increased risk of developing diabetes
126 mg/dl or higher	Diabetes Mellitus (type 2 diabetes)	At increased risk of heart disease or stroke

LEARN MORE AT HEART.ORG/MYLIFECHECK AND HEART.ORG/DIABETES

© Copyright 2019 American Heart Association, Inc., a 501(c)(3) not-for-profit. All rights reserved. Unauthorized use prohibited. Click for available upon request. 5/19 05H456

3 TIPS FOR SUCCESS

EAT SMART

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, lean proteins and fish. Limit sweetened drinks, added sugars, fatty foods, processed meats and sodium. heart.org/EatSmart

MOVE MORE

Being physically active can lower your risk of developing diabetes and help you manage the disease if you already have it. heart.org/MoveMore

MANAGE WEIGHT

Stay at a healthy weight to help prevent, delay or manage diabetes. heart.org/Weight

DON'T SMOKE

Smoking, vaping or using tobacco can increase your risk of heart disease, stroke, many cancers and other chronic diseases. It may also make prediabetes and diabetes harder to manage. heart.org/Tobacco



Healthy For Good™



Replace sweetened drinks to cut back on added sugars and empty calories.

REPLACE SUGARY BEVERAGES...

- full-calorie soft drinks
- energy/sports drinks
- sweetened "enhanced water" drinks
- sweet tea
- sweetened coffee drinks

WITH BETTER CHOICES!

- The best thing you can drink is water! Try it plain, sparkling or naturally flavored with fruit or herbs.
- Drink coffee and tea without added sugars for a healthier energy boost.
- For adults, diet drinks may help replace high-calorie sodas and other sugary drinks.

THE FACTS MAY SURPRISE YOU.

Most Americans consume nearly **20 TEASPOONS** of added sugars **EACH DAY**. That's more than **TRIPLE** the recommended daily limit for women and **DOUBLE** for men!

Sugar-sweetened beverages like soda and energy/sports drinks are the **#1 SOURCE OF ADDED SUGARS IN OUR DIET.**

A can (12 FL OZ) of regular soda has about **150 CALORIES AND 10 TEASPOONS** of added sugar.

TRY THESE TIPS TO QUENCH YOUR THIRST WITH LESS ADDED SUGARS



START CUTTING BACK.

Take steps to reduce or replace sugary drinks in your diet:

REPLACE most of your drinks with water.

REDUCE the amount of sugar in your coffee or tea gradually until your taste adjusts to less sweetness.

ADD plain or sparkling water to drinks to keep some of the flavor with less added sugars per servings.



CHOOSE WATER.

Make water the easy, more appealing go-to choice:

CARRY a refillable water bottle.

ADD a splash of 100% fruit juice or slices of citrus, berries and even cucumbers for a boost of flavor.

TRY seltzer, club soda or sparkling water if you crave the fizz.



MAKE IT AT HOME.

Family favorites like hot chocolate, lemonade, smoothies, fruit punch, chocolate milk and coffee drinks easily can be made at home with less added sugars.

START WITH UNSWEETENED beverages, then flavor to taste with additions like fruit, low-fat or fat-free milk, and herbs and spices.

Get great recipes for beverages and more at HEART.ORG/RECIPES.



READ THE LABEL, AND CHOOSE WISELY.

Some drinks that appear to be healthy may be high in calories and added sugars. Check servings per container and ingredients list.

Added sugars go by many names, including sucrose, glucose, maltose, dextrose, high fructose corn syrup, cane syrup, concentrated fruit juice, agave nectar and honey.

EAT SMART | ADD COLOR | MOVE MORE | BE WELL

FOR MORE TIPS ON HEALTHY EATING, COOKING AND RECIPES: HEART.ORG/EATSMART

Creamy Chicken Curry



SMART

What are your **SMART** goals?

Specific	Measurable	Attainable	Relevant	Time-Based
				



SMART Goal Example

Goal:

I will check my cholesterol and blood sugar levels regularly.

SMART Goal:

I will ask my doctor about my cholesterol and blood sugar levels at every visit and at least once a year.





SMART Goals

My Goal

Step 5

Time-Based

When will this goal be met?



Step 4

Relevant

Will this goal help me reach my long-term goals?

Step 3

Attainable

How can this goal be met?

Step 2

Measurable

How will I know when I reach my goal?



Step 1

Specific

What do I want to accomplish?

Questions?

Thank You!

