

EDUCATIONAL SERIES

PACKET #8

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Health and wellness tips for your work, home, and life —
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Keep Your Cholesterol in Check

Cholesterol is a type of fat produced by the liver. Essential to proper functioning of your body, it aids in hormone production, supports nerve and brain development, helps the liver digest fats, and is the key substance in every cell of the body.

Cholesterol is important to your health, but you can have too much of a good thing! Cholesterol travels to your cells through your bloodstream. Because it is a fat, it does not mix well with water or blood, and must be wrapped in protein. This is called lipoprotein cholesterol, which is categorized into two forms:

- LDL, low density lipoprotein, called bad cholesterol
- HDL, high density lipoprotein, called good cholesterol

Cholesterol Levels

Cholesterol levels can be measured three ways: total cholesterol, LDL levels and HDL levels. Optimum levels for each should be:

- Total cholesterol level = 200 or less
- LDL level = 130 or less
- HDL level = 60 or more reduces the risk of heart disease.
- High LDL cholesterol increases the risk of plaque build-up in the artery walls, causing them to narrow, which contributes

directly to heart disease, stroke and other circulatory problems.

Cholesterol Screenings

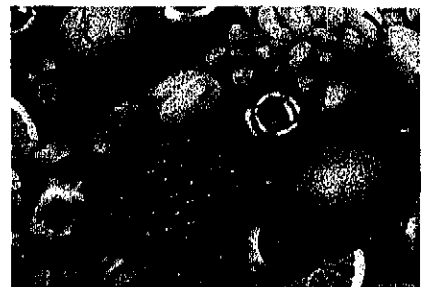
Getting your cholesterol checked regularly is important to warding off heart disease. Start having your cholesterol checked every five years, beginning at age 20. If you find you have an elevated cholesterol level, you may have to have it checked more often. Children over the age of two should also be checked regularly if there is a family history of high cholesterol or heart disease earlier than age 55.

Self-Care Tips

The primary sources of cholesterol in our diets are eggs, dairy products and red meat. You can keep your cholesterol in check by balancing the amount of these foods that you eat, along with the following healthy eating habits:

- Consume more fish, poultry, lean beef, pork and lamb instead of sausage and other organ meats.
- Drink skim or low-fat milk.
- Eat sherbet, sorbet or ice milk in place of ice cream.

- Eat eggs in moderation, or eat only the egg whites. According to the American Heart Association, one egg yolk contains 213 milligrams of dietary cholesterol (the daily recommended cholesterol limit is less than 300 milligrams).
- Eat steamed vegetables instead of buttered or fried vegetables.
- Consume butter in moderation. A good substitute is trans fat-free soft margarine.
- Choose baked potatoes over French fries.
- Use unsaturated vegetable oils.
- Choose pretzels or air-popped popcorn instead of potato chips as your snack.
- Stay away from pastries and doughnuts.
- Eat pancakes or cereal with low-fat milk for breakfast, rather than eggs and bacon.
- Eat more fruit.



Did you know...?

It is important to keep your "bad" and "good" cholesterol levels in check to ward off certain diseases and remain healthy, because high cholesterol is only one risk factor for developing heart disease.

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Saturated Fat: The Other Bad Fat

Saturated fat used to be the worst fat. Now that trans fat has been upgraded to the worst kind of fat, saturated fat comes in at a close second as the “other” bad fat.

Fat to function

Our bodies need fat to function properly. Besides being an energy source, fat is a nutrient used in the production of cell membranes, as well as in several hormone-like compounds that help regulate blood pressure, heart rate, blood vessel constriction, blood clotting and the nervous system. In addition, dietary fat carries fat-soluble vitamins A, D, E and K, from your food into your body. Fat also helps maintain healthy hair and skin, protects vital organs, keeps your body insulated, and provides a sense of fullness after meals.

However, too much fat can be harmful. Eating large amounts of high-fat foods adds excess calories, which can lead to weight gain and obesity. Obesity is a risk factor for several diseases, including diabetes, heart disease, cancer, gallstones, sleep

apnea and osteoarthritis. Also, too much of certain types of fats, such as saturated fat or trans fat, can increase your blood cholesterol levels and your risk of coronary artery disease.

Bad Fats

All fats are not created equal. For instance, some fats promote our health positively, while some increase our risks of heart disease. The key is to replace bad fats with good fats in our diet. Saturated fats raise total blood cholesterol levels more than dietary cholesterol because they tend to boost both good HDL and bad LDL cholesterol. The net effect is negative, meaning it's important to limit saturated fats. Limiting saturated fats in your diet, and eliminating trans fat from partially hydrogenated oils, are key in maintaining a healthy weight, good cholesterol levels, and avoiding conditions such as heart disease, obesity and diabetes.

Saturated Fat Foods

Usually solid or waxy at room temperature, saturated fat is most often found in animal products like beef, beef fat, veal, lamb, pork, seafood, lard, poultry fat, butter,

cream, milk, eggs, cheese and other dairy products made from whole and two-percent milk. Other foods high in saturated fat include coconut, palm and other tropical oils.

Trimming the Fat

Limit fat in your diet, but don't try to cut it out completely. Focus on reducing foods high in saturated fat, trans fat and cholesterol, and select more foods made with unsaturated fats. Consider these tips when making your choices:

- Replace saturated and trans fat with polyunsaturated and monounsaturated fat.
- Sauté with olive oil instead of butter.
- Use olive oil instead of vegetable oil in salad dressings and marinades. Use canola oil when baking.
- Sprinkle slivered nuts or



sunflower seeds on salads
instead of bacon bits.

- Snack on a small handful of nuts rather than potato chips or processed crackers. Or, try peanut butter or other nut-butter spreads, (non-hydrogenated), on celery, bananas, or rice or popcorn cakes.
- Add slices of avocado, rather than cheese, to your sandwich.
- Prepare fish such as salmon and mackerel, which contain monounsaturated and omega-3 fats, instead of meat, one or two times a week.

Monounsaturated and polyunsaturated fats have few adverse effects on blood cholesterol levels, but you still need to consume all fats in moderation. Eating large amounts of any fat adds excess calories. Fat contains 9 calories per gram, compared with 4 calories per gram for protein and carbohydrates. Make sure that fatty foods don't replace more nutritious options, such as fruits, vegetables, legumes or whole grains.

Be aware...!

Many foods contain different kinds of fat and varying levels of each type. For example, butter contains unsaturated fats, but a large percentage of the total fat is saturated fat! A better option is canola oil, which has a high percentage of mono-saturated fat, but also contains smaller amounts of poly-unsaturated and saturated fat.

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Trans Fat: The Worst Fat

Trans fat is vegetable fat that has been chemically altered by a process called hydrogenation. This process turns healthy fat, such as corn oil or soy bean oil, into a solid, unhealthy fat. The result is a type of fat that is worse for you than saturated fat, and is linked to increased LDL ("bad cholesterol"), decreased HDL ("good cholesterol"), and increased triglyceride levels, which all contribute to heart disease and insulin resistance.

How Much is too Much?

It depends on who you ask. A doctor will tell you none! That's why there is no daily value amount listed on food labels. Three grams of trans fat daily actually doubles your risk of heart disease.

How do you Avoid Them?

Read nutrition labels and look at the saturated fat and trans fat. Remember that the information is given *per serving*, so check the serving size as well. Choose reduced-fat and fat-free products, but only if other unhealthy ingredients such as high fructose corn syrup or partially hydrogenated oils have not been added. Always check ingredient listings for the term *partially*

hydrogenated. Remember, the ingredient list is different than the nutrition label, and is often where fat information is hidden. Ingredient information is listed from greatest to smallest amounts, so if partially hydrogenated oils or high fructose corn syrup are listed as the first few ingredients, choose another product.

What Type of Foods Have Them?

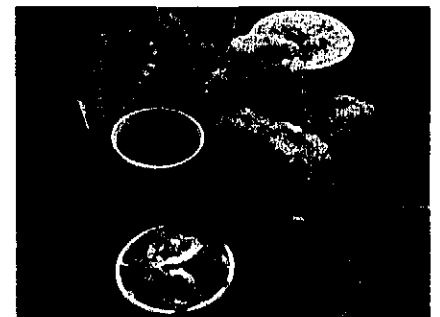
Here's the top 10 list of where you are most likely to find trans fat:

- Margarine – Look for no hydrogenated oil and the least amount of both trans and saturated fat. If you choose butter, use small amounts and those that are whipped or mixed with canola oil.
- Packaged foods – Mixes like cake and pancake mixes have added fat. Bake homemade instead.
- Soup – Dried and liquid soups both contain very high levels of trans fat.
- Fast food – Anything deep-fried will have trans fat. Order food grilled instead.
- Frozen foods – Check the label. Even frozen foods listed as "low

fat" may contain trans fat.

- Baked goods – Donuts, cookies, and cake are loaded with trans fat. Bake your own instead.
- Candy and desserts – Tons of trans fat hides here too. Choose jelly beans or licorice over chocolate.
- Chips and crackers – Go for baked or whole grain. Have popcorn instead of pretzels.
- Breakfast foods – Cereals and breakfast bars are included. Choose whole grain instead.
- Toppings, dips and condiments – Salad dressing, gravy, mayonnaise, whipped toppings, and the like are loaded with fats. Use oil and vinegar or low-fat milk creamers instead.

Remember, often when fat is removed, sugar and salt are added, along with those pesky hydrogenated oils!



Did you know...?

The FDA requires that total fat, saturated fat and trans fat be included on nutrition labels, but there are other fats, such as mono and triglycerides that are not. In addition, polysaturated and monosaturated fat listings are optional. So, if you are eating something with trans fat, chances are you are unknowingly taking in more fat than you even realize!

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Substitute Fat in Your Recipes

Food substitutions that still leave a good taste

Butter, eggs, oils and fats can add flavor to your favorite recipes, but also a lot of calories. They also act as a barrier so that flour does not absorb as much water to give your dishes a moist, tender feel. There are many ways to reduce the fat without sacrificing taste; the trick is to replace fats with foods that add creaminess without cholesterol. Here's how:

- Instead of 1 c. butter for baking, use 1/3 c. applesauce or fruit juice and 2/3 c. butter. Substitute equal parts for fat or oil. Applesauce will change the flavor of your dish the least and works well in cakes, cookies and muffins.
- Instead of 8 oz. cream cheese, use 8 oz. yogurt cheese.
- Instead of 1 c. crème fraiche, use 1 c. yogurt cheese made of low-fat or fat-free yogurt. Nonfat yogurt makes bakery moist. To reduce the liquid, drain first and then place in muffins, cakes, cookies and brownies.
- Instead of 1 c. heavy cream, use 2 tsp. cornstarch whisked into 1 c. fat-free milk or use evaporated skim milk. Evaporated milk has a quarter of the calories of heavy cream and only a smidgen of fat.

- Instead of 1 c. sour cream, use 1 c. low-fat cottage cheese plus 2 Tbsp. skim milk plus 1 Tbsp. lemon juice.
- Instead of 1 c. fat for sautéing, use 4 c. low-fat stock, fruit juice or wine and cook until it evaporates.
- Instead of one egg, use two egg whites.
- Instead of 1 c. oil or fat for basting, use 1 c. fruit juice, low-fat stock or wine.
- Instead of 1 c. butter, shortening or lard, use 3/4 c. vegetable oil or reduced fat margarine.
- Instead of using heavy cream in soup, puree the ingredients with cooked potato.
- Instead of preparing a cream sauce, use 1 c. low-fat buttermilk with 1 Tbsp. cornstarch and tomato sauce or mustard.
- Use bananas substituted in equal parts for fat and oil. Mash them first and then measure. Bananas work well in chocolate cake, brownies, muffins, cookies and spice cakes.

- Puree prunes and add 2 Tbsp. water or prune juice. Then substitute in equal amounts of fat. Prunes can be drying, so add a touch of water or juice and use in dark-colored bakery, such as spice or chocolate cakes or. Also use pumpkin in chocolate or spice-flavored recipes.
- Grate zucchini and use in place of fat for quick breads and coffee cakes.
- Blend low-fat cottage cheese in a food processor until smooth and substitute half of the fat in a recipe with the blended ingredient. This works well in muffins or in cheesecake as a substitute for cream cheese.
- Blend tofu in a food processor and substitute for half the fat in a recipe.



Did you know...?

Substituting fat in your favorite recipes may not give them the exact same texture but it will close. To experiment, start by substituting 1/3 of the fat from the recipe and then increase or decrease to your desired likeness.

EDUCATIONAL SERIES FOR CITY OF FINDLAY FITNESS STIPEND – PACKET #8

LIVE WELL, WORK WELL INFORMATION INCLUDED IN THIS QUESTIONNAIRE:

- Keep Your Cholesterol in Check
- Saturated Fat: The Other Bad Fat
- Trans Fat: The Worst Fat
- Substitute Fat in Your Recipes

Please rate the statements below as either true or false

Circle One

- | | | | |
|----|--|------|-------|
| 1. | Cholesterol is a type of fat that is essential to the proper functioning of your body. | True | False |
| 2. | Eating large amounts of high-fat food adds excess calories, which can lead to weight gain and obesity. | True | False |
| 3. | Three grams of trans fat daily doubles your risk of heart disease. | True | False |
| 4. | When substituting for fat, two egg whites equals one whole egg. | True | False |

I have read the four Live Well, Work Well publications listed above.

Participant's Signature

Date