



## Keeping our mob healthy

PCH Healthy Weight Service

# Cholesterol

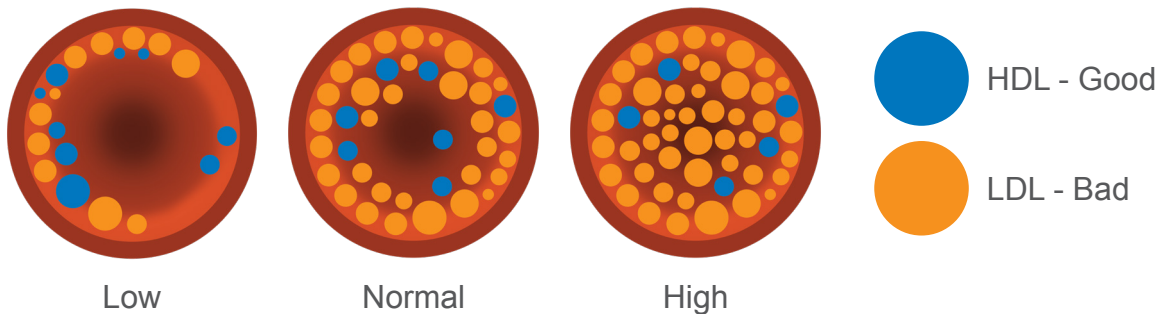
Cholesterol is a waxy fatty substance that is made by our bodies. Cholesterol is important because it helps to make:

- healthy cells in our bodies
- hormones and vitamins.

The **2 main types** of cholesterol are:

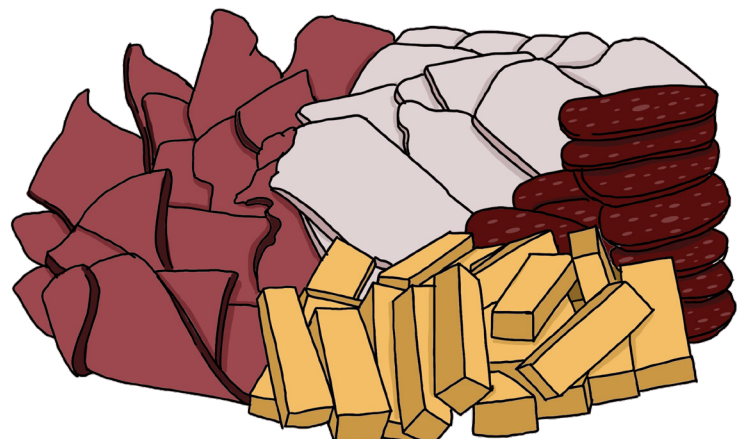
- **Good cholesterol (HDL)** which helps move cholesterol from blood vessels.
- **Bad cholesterol (LDL)** if we have too much of the bad cholesterol it can block the blood flow to our heart and brain and which can cause a heart attack or stroke.

**Good and bad cholesterol in vessels** - a blood test can check if you have high cholesterol.



## Who can be affected by cholesterol?

- Everyone at any age can get high cholesterol.
- Eating too many saturated fats can lead to high cholesterol.
- Some saturated fat foods are:
  - butter, coconut oil and palm oil
  - cakes
  - biscuits
  - fatty meat
  - sausages
  - bacon
  - meats like salami and chorizo
  - cheeses.



## What causes bad cholesterol?

- Being overweight
- High cholesterol can run in the family (genetic)

## Tips for managing high cholesterol

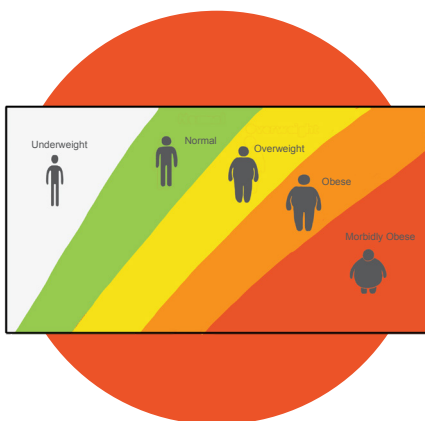
### Eat healthy tucker:

- Eating more fruit, veggies and wholegrain foods daily.
- Eating more fish, tinned or fresh not battered or fried.
- Have less or no full cream dairy. Have low or reduced fat products e.g. replace butter with unsaturated margarines.



### Eat more cholesterol lowering foods like:

- porridge
- whole grains
- nuts
- apples, grapes, strawberries, citrus fruits
- fish.



Lose excess body weight



Chose plain water as your main drink



Exercise more

Some extra help may be needed to control cholesterol. If exercise and diet are not enough a doctor may **prescribe medication**.

It is important to **still exercise regularly** and **eat healthy** when you are taking medication.

It is important to see your GP, health clinic or doctor at Perth Children's Hospital once a **yearly to have a blood test** to keep an eye on your cholesterol level.



Please yarn to a **Healthy Weight Team at Perth Children's Hospital** if you have any question or are worried call (08) 6456 2222.



Government of Western Australia  
Child and Adolescent Health Service

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