

Patriot Picks

YOUR GUIDE TO EATING WELL WITH PANTRY RESOURCES

HYPERLIPIDEMIA

WHAT DOES IT MEAN?

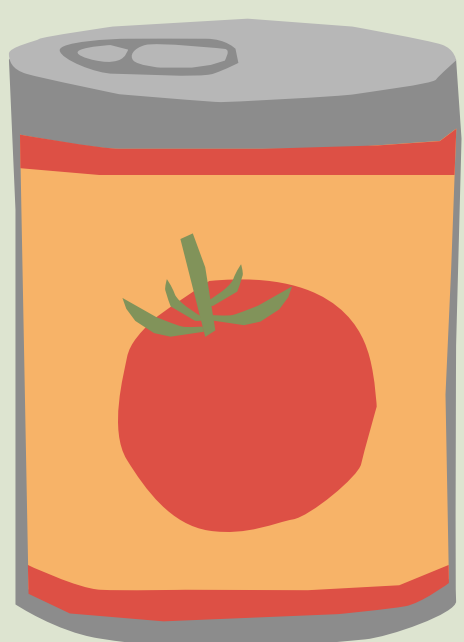
Hyperlipidemia means high levels of fats (lipids) in the blood, mainly cholesterol and triglycerides. It increases the risk of **heart disease, stroke, and other serious health problems**. It often has no symptoms—so lab tests are essential.

Lab Values To Know!

- Total Cholesterol: < 200 mg/dL
- LDL (Bad): < 100 mg/dL
- HDL (Good): > 60 mg/dL
- Triglycerides: < 150 mg/dL

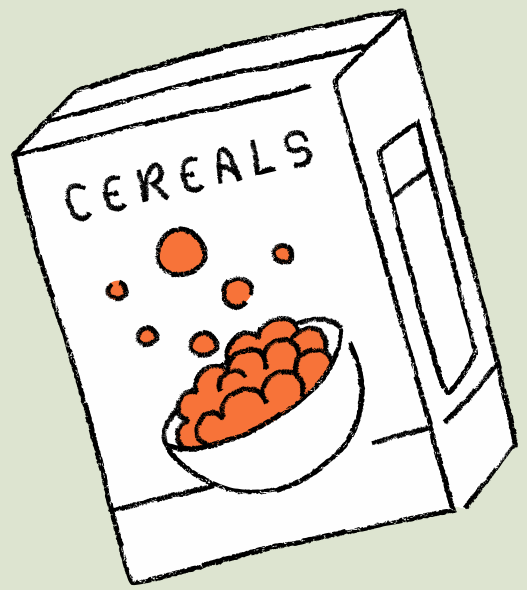
WHY DOES IT HAPPEN?

- Poor diet
- Lack of exercise
- Smoking/vaping
- Genetics
- Medical conditions: Diabetes, obesity, and some medications can increase lipid levels.
- College lifestyle

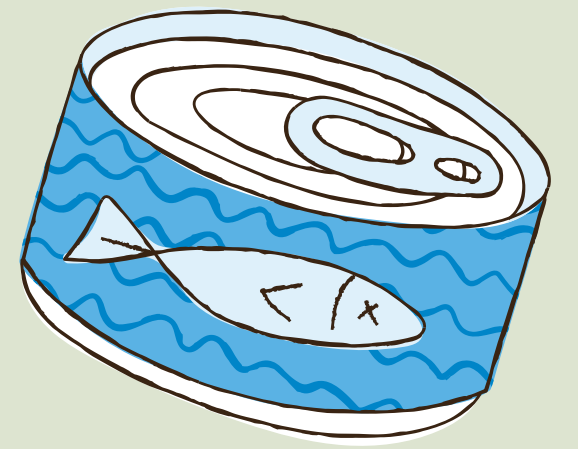


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WHAT CAN I DO ABOUT IT?

- **Grains:** Brown Rice, Quinoa, Oats, Whole Grain Crackers
- **Proteins:** Canned Tuna (in Water), Canned Salmon, Canned Beans (Black, Chickpeas, Kidney), Peanut Butter (No Added Sugar)
- **Vegetables:** Low-Sodium Canned Green Beans, Canned Tomatoes (No Salt Added), Canned Spinach
- **Fruits:** Canned Peaches (100% Juice), Unsweetened Applesauce
- **Snacks:** Unsalted Mixed Nuts, Plain Popcorn, Whole Grain Crackers with Nut Butter
- **Extras:** Canned Lentils, Low-Sodium Broth, Plain Oatmeal
- **Tips:** Opt for fiber-rich foods, lean proteins, and low-sodium options to support heart health.