

EAP Wellness Letter



Can You Burn Off Cholesterol?

Cholesterol is a type of lipid, just as fats are. However, unlike fat, cholesterol can't be exercised off, sweated out or burned for energy. It is found only in animal products, including meat, chicken, fish, eggs, organ meats and high-fat dairy products, like chocolate milk.

CHOLESTEROL...

the good and the bad

Is Cholesterol Good or Bad?

Just as homemade oil-and-vinegar dressing separates into a watery pool with a fat-slick topping, so also would fats and cholesterol if they were dumped directly into the blood. To solve this dilemma, the body transports fat and cholesterol by coating them with a water-soluble "bubble" of protein. This protein-fat bubble is called a lipoprotein.

Low-density lipoproteins (LDLs) carry cholesterol to the tissues. This is "bad" cholesterol, since high LDL levels are linked to increased risk for heart disease.

High-density lipoproteins (HDLs) carry excess cholesterol back to the liver, which processes and excretes the cholesterol. HDLs are "good" cholesterol. The more HDL you have, the lower your risk for developing heart disease.

HDLs and LDLs are found only in your blood, not in food.

The Fat Primer

The fats that supply calories, float in your blood and accumulate in your thighs and hips are called triglycerides. They can be saturated or unsaturated, and the unsaturated ones can be either monounsaturated or polyunsaturated. Only saturated fats increase blood levels of cholesterol and heart-disease risk.

Regular Exercise

Regular exercise affects your cholesterol and triglycerides in two main ways:

1. Exercise helps lower triglycerides, which at high levels are linked to heart disease.
2. Exercise also raises your levels of HDL.

Unfortunately, it does not look like exercise can lower your LDL levels.

September 7, 2012

Friday Facts

Harmful dietary *fat*

Saturated Fat

This is a type of fat that comes mainly from animal sources of food. Saturated fat raises total blood cholesterol levels and low-density lipoprotein (LDL) cholesterol levels, which can increase your risk of cardiovascular disease. Saturated fat may also increase your risk of type 2 diabetes.

Limit saturated fat. Major food sources include: cheese, pizza, grain-based desserts, and animal products such as chicken dishes, sausage, hotdogs, bacon and ribs. Other sources are lard, butter and coconut, palm and other tropical oils.



This information provided to you by your EAP provider, REALiving, LLC, a division of Aurora Community Services. For more information go to: EAP.REALiving.com

REALiving
Helping You Be Your BEST.

September 14, 2012

Friday Facts

Healthier dietary fat



Monounsaturated Fat

This is a type of fat found in a variety of foods and oils. Studies show that eating foods rich in monounsaturated fats improve blood cholesterol levels, which can decrease your risk of heart disease. Research shows that they may benefit insulin levels and blood sugar control, which can be especially helpful if you have type 2 diabetes.

Monounsaturated fat include olive oil, peanut oil, canola oil, avocados, poultry, nuts and seeds.

This information provided to you by your EAP provider, REALiving, LLC, a division of Aurora Community Services. For more information go to: EAP.REALiving.com

REALiving
Helping You Be Your BEST.

September 21, 2012

Friday Facts

Harmful dietary *fat*

Trans Fat

This is a type of fat that occurs naturally in some foods, especially foods from animals. But most trans fats are made during food processing through partial hydrogenation of unsaturated fats. This process creates fats that are easier to cook with and less likely to spoil than are naturally occurring oils. Research shows that synthetic trans fat can increase LDL and lower HDL.

Trans fat include margarines, snack foods and prepared desserts, such as cookies and cakes. Naturally occurring sources include meat and dairy products.



This information provided to you by your EAP provider,
REALiving, LLC, a division of Aurora Community Services.
For more information go to: EAP.REALiving.com

REALiving
Helping You Be Your BEST.

September 28, 2012

Friday Facts

Healthier dietary fat

Polyunsaturated Fat

This is a type of fat found mostly in plant-based foods and oils. Evidence shows that eating foods rich in polyunsaturated fats improves blood cholesterol levels, which can decrease your risk of heart disease. They may also help decrease the risk of type 2 diabetes.

One type of polyunsaturated fat, omega-3 fatty acids, may be especially beneficial to your heart. Omega-3s, found in some types of fatty fish, appear to decrease the risk of heart disease. They may also protect against irregular heartbeats and help lower blood pressure levels.



This information provided to you by your EAP provider,
REALiving, LLC, a division of Aurora Community Services.
For more information go to: EAP.REALiving.com

REALiving
Helping You Be Your BEST.