

Dietary Fats and Oils

Your blood fat (or lipid) levels are one thing that can tell us about your risk of stroke. We can measure your blood lipid levels from a blood test.

Cholesterol is one of the blood lipids and is important for many of the body's functions. Triglycerides are another blood lipid that provide your body with energy. However, too much cholesterol or triglycerides in your blood can increase your risk of stroke and heart disease.

High Density Lipoprotein (HDL)

This is a "healthy" cholesterol that helps prevent buildup (plaque) in your arteries.

Having high levels of HDL is good because it can lower your risk of heart attack and stroke.

Low Density Lipoprotein (LDL)

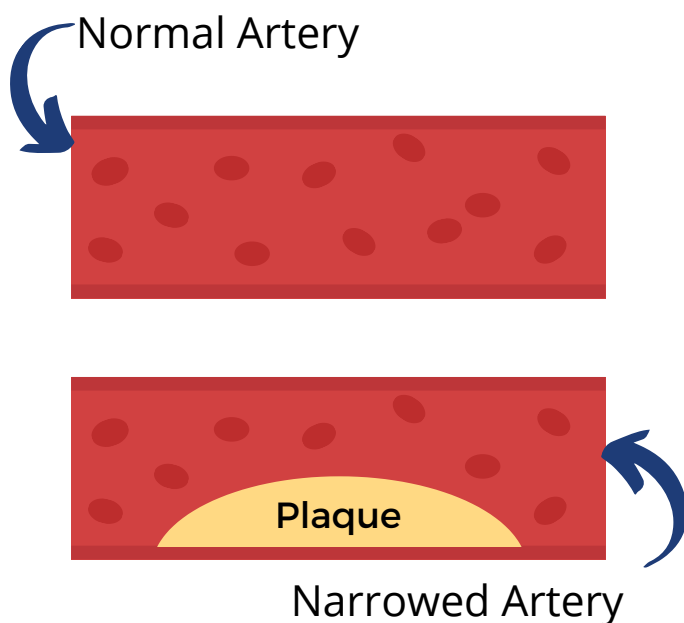
This is a "lousy" cholesterol that increases buildup (plaque) in your arteries.

Having high levels of LDL is bad because it can increase your risk of heart attack and stroke.

Triglycerides

This is a type of fat in the blood.

Our body needs some triglycerides for energy, but having too much in our blood can increase the risk of heart disease.



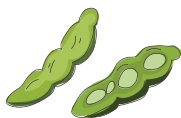
Reducing LDL and Increasing HDL

Choose MORE often

Soy: can help lower LDL



Tofu



Edamame



Oats



Beans and legumes

Unsaturated fats: can help to lower LDL and triglycerides and raise HDL



Olive, canola, avocado and flax oil



Nuts



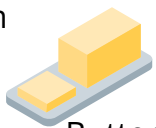
Avocado

Choose LESS often

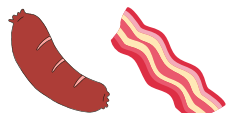
Saturated fat: can raise your LDL



Ice cream



Butter



Processed meat



Cheese



Coconut and palm oil

AVOID

Trans fats: can lower HDL and raise LDL

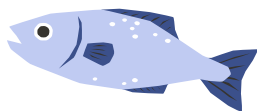
Used to be found in processed foods. Canada no longer allows trans fats to be added to food.

Reducing Triglycerides

Choose MORE often

Omega-3 Fats: can lower triglycerides

The **best** source is fatty fish. Aim for two 3.5oz servings per week.



Plant sources include canola oil, flax, walnuts, and chia seeds.



Choose LESS often

Added Sugars and Alcohol: can raise triglycerides

Choose water or other unsweetened beverages in place of sugary drinks.

