

Cholesterol: The Good, The Bad, and the Dietary

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HDL



LDL

Statins don't
resolve all health
problems or
prevent new ones



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What is metabolic syndrome?

- Abdominal obesity– having an “apple” shape.
- High blood pressure
- High blood sugar
- Elevated triglycerides
- Decreased HDL cholesterol



Dietary patterns shown to improve cholesterol levels

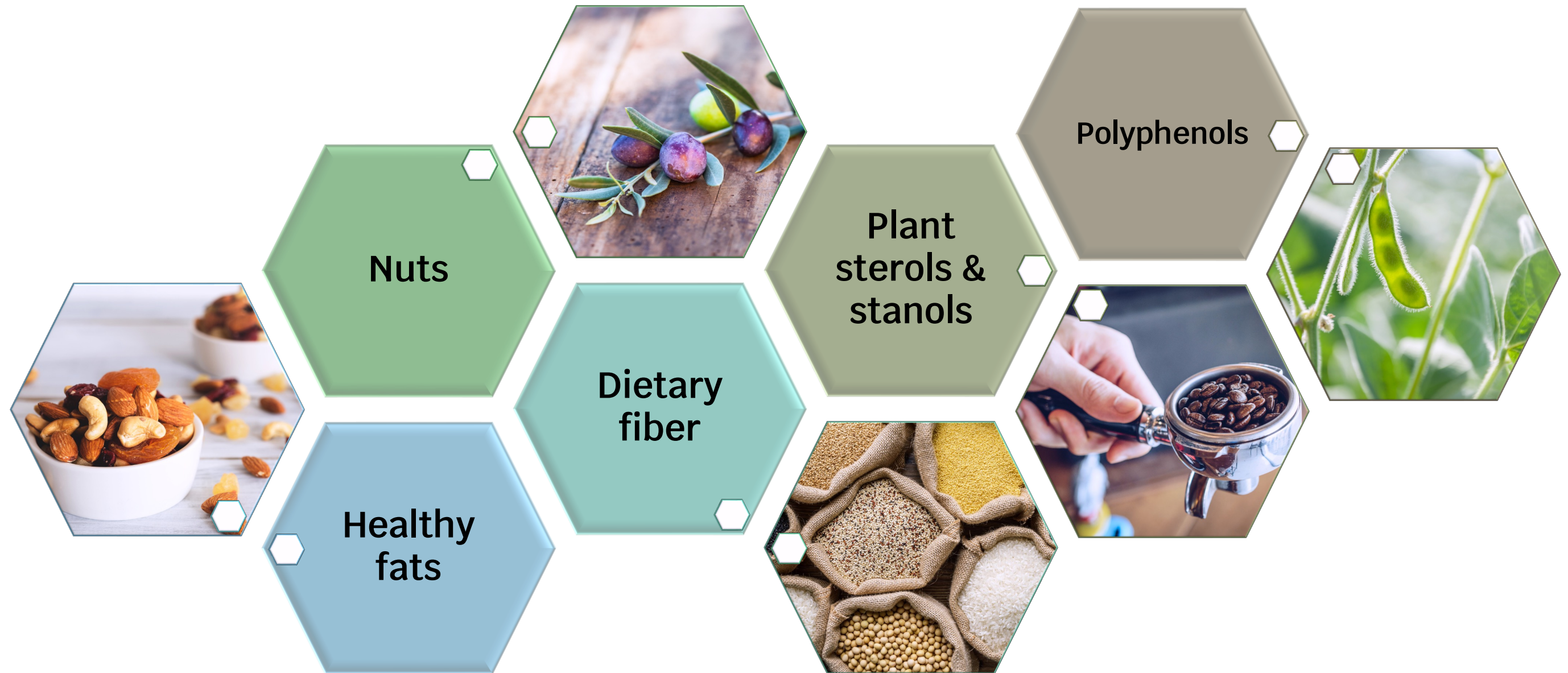
Mediterranean Diet

DASH Diet

Vegetarian/Meat-restricted
Diet

Low-carbohydrate Diet

What makes the Mediterranean Diet work?



What makes the Mediterranean Diet work?

Plant sterols & stanols

- Nuts
- Legumes
- Whole grains
- Fruits
- Vegetables
- Plant oils (Olive, Avocado)



► Increase Plant sterols & stanols



2. Make healthy swaps

- Start making swaps to transition to an overall healthier diet

Replace:

Red meat

Red meat or a fattier meat

Refined grain products

Sugar-sweetened sodas, teas or fruit juices (including 100% juice)

Traditional dairy butter

With:

Plant based protein like soy, tempeh or beans

Leaner cut and preparation of chicken, turkey or fish

High-fiber whole-grain products

Unsweetened tea, naturally flavored carbonated water, or plain water

Nut butter