



Healthy Living at Hannaford

The Facts about Cholesterol

Why is it important to know your cholesterol numbers?

High blood cholesterol is one of the major risk factors for heart disease. When there is too much cholesterol (a fat-like substance) in your blood, it builds up in the walls of your arteries. Over time, this buildup causes “hardening of the arteries” so that arteries become narrowed and blood flow to the heart is slowed down or blocked. This may result in a heart attack or stroke. It is important to find out what your cholesterol numbers are. By lowering LDL (bad) cholesterol and raising HDL (good) cholesterol levels, you may lessen the risk for developing heart disease and reduces the chance of a heart attack or stroke.

What affects cholesterol levels?

A variety of factors can affect cholesterol levels, including genetics. But the following are those you can do something about:

Diet

Too much saturated fat and cholesterol in the food you eat can cause your LDL (bad) cholesterol level go up. Saturated fat is the main culprit, but cholesterol in foods also matters. Reducing the amount of saturated fat and cholesterol in your diet helps lower your LDL (bad) cholesterol level.

Weight

Being overweight is a risk factor for heart disease. It also tends to increase your cholesterol. Losing weight can help lower your LDL (“bad” cholesterol) and total cholesterol levels, as well as raise your HDL (so called “healthy” cholesterol) and lower your triglyceride levels.

Physical activity

Not being physically active is a risk factor for heart disease. Regular physical activity can help lower LDL cholesterol and raise HDL cholesterol levels. It also helps you lose weight. You should try to be physically active for 30 minutes on most, if not all, days.



Interested in learning more?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want.

You can also email a private message to our staff registered dietitian, for free nutrition advice at [hannaford.com/asknutritionist](mailto:asknutritionist@hannaford.com).