

Cholesterol 膽固醇

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Cholesterol is harmful because it can increase your risk of having a heart attack. Your risk of having a heart attack based on your age, cholesterol results, and blood pressure is:

. If it is >7%, American Cardiologists recommend taking cholesterol medication to reduce your risk of heart attack by about 25%.



膽固醇對身體不好因為德心戰病的機會比較高。按照你的血壓, 膽固醇, 和年紀來算, 你的德心戰病的機會是 _____. 如果 > 7%, 美國心戰科建議吃藥. 吃藥會把德心戰病的機會減少%25.

Cholesterol can be treated by diet and exercise. Cholesterol is found only in animals. Vegetables and fruits do not have cholesterol. Avoid liver, organs, butter, cream, lobster, shrimp, pork, and beef. Eat more fruits, vegetables, whole grains, nuts, flax seed, fish, chicken. Omega 3 eggs (target brand, “ Simply Balanced”)

飲食和運動也可以把膽固醇降低. 只有動物類的飲食才有膽固醇. 蔬菜和水果沒有膽固醇. 少吃內戰, 奶油, 螃蟹, 蝦, 肥的豬肉或牛肉. 吃多一點蔬菜, 水果, 雞肉, 魚, 堅果, 麥片, 全麥麵包, 糙米. Target 有歐米加 3 (OMEGA 3) 蛋 - “Simply Balanced”.

Triglycerides are a type of cholesterol that becomes high when eating too much carbohydrates such as white bread, rice, or noodles. Eating less carbohydrates or switching to whole grains (brown rice, whole wheat bread or pasta) will help decrease triglycerides.

三酯甘油 (Triglycerides) 是一種 膽固醇. 如果吃太多澱粉, 三酯甘油會身高. 少吃澱粉或主食(白飯, 麵條, 饅頭)會把三酯甘油降低. 麥片, 全麥麵包, 糙米比較好.

Hidden Danger: Bakery items have a lot of butter, so do creamy drinks. Definitely limit these to special occasions.

