



British Heart
Foundation
Northern Ireland



Stay Heart Healthy. Understanding cholesterol.

Whether home or at work, it's important we develop and maintain healthy habits. Eating a lot of saturated or trans fats, smoking and not being active enough can all increase our risk of developing high cholesterol.

Understanding cholesterol

Cholesterol is a fatty substance in our blood, which is produced naturally in the liver. There are two main types of cholesterol: one is good (HDL cholesterol) and the other is bad (non-HDL cholesterol).

Having too much bad cholesterol can clog up your arteries, which can lead to a heart attack or stroke.

What causes high cholesterol?

Anyone can get high cholesterol and it can be caused by many things. Some things we can control and others we can't; like our age, ethnicity or family history. Eating less saturated fats, stopping smoking, being more physically active and reducing alcohol will help maintain healthy cholesterol levels and lower your risk of heart and circulatory disease.

Make three small changes

- Check the nutritional information on food labels
- Choose foods with unsaturated fats like rapeseed, olive or sunflower oils, vegetable spreads, nuts and oily fish
- Got a sweet tooth? Try frozen yoghurt instead of ice cream



WATCH

Watch this video to find out more about how cholesterol affects your heart.



TIPS

Fancy a snack? Check out these 10 quick, easy and healthy snack ideas.



MAKE

Less fat doesn't mean less flavour! See for yourself in this tasty recipe.



HELP

Do you have high cholesterol? Our Heart Helpline is available 9-5 every day to answer your questions.