Cholesterol is a type of fat in your blood. Too much blood cholesterol can lead to heart disease.

Total cholesterol, triglycerides and LDL cholesterol levels increase after menopause.

1 in 2 women have elevated cholesterol.

↓ LDL cholesterol by 1 mmol/L = ↓ risk of heart disease by 20-25%.

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Risk Factors

1. Diet too high in saturated fat, trans fat and cholesterol
2. Being overweight
3. Being inactive
4. Age 60+
5. Smoking
6. Diagnosis of diabetes
7. Diagnosis of polycystic ovarian syndrome
8. Menopause

What Can I Do?

Reduce Your LDL (Low-Density Lipoprotein)

- Eat more fruits and vegetables. Aim for 7 servings a day.
- Eat more whole grains.
- Eat fewer trans fats and saturated fats.

Increase Your HDL (High-Density Lipoprotein)

- Eat more monounsaturated fats.
- Find support to quit smoking.
- Move more, sit less. Aim for 30 minutes a day (walking, swimming, etc.).

Reduce Your Triglycerides

- Eat fewer simple carbohydrates, such as fruit juices and sugar.
- Reduce your alcohol intake. Aim for fewer than 2 drinks per day and less than 9 drinks per week.

Reduce Your Total Cholesterol

- Eat fewer foods high in cholesterol.
- Take your cholesterol lowering medications as prescribed.
- Aim for a waist circumference below 88 cm.

Reaching these target values will decrease your odds of developing heart disease by 3x.

Download the top 5 questions to ask your healthcare provider at yourheart.ca