

Managing Your Cholesterol

What is Cholesterol?



Cholesterol is a fat-like substance found in our body. Most of it is produced by our liver while it also comes from our food.

High cholesterol is caused by eating fatty foods, lack of exercise, and being overweight. **If you have high cholesterol, it increases your risk of developing heart diseases, stroke and hypertension.**

Learn How to Read Your Total Cholesterol

Normal Level: <5.2 mmol/L

Borderline: 5.2 - 6.2 mmol/L

High Level: >6.2 mmol/L

If you consistently have borderline or high cholesterol, seek medical attention immediately.

We recommend monitoring your cholesterol levels regularly.

Tips to Manage Your Cholesterol



Do exercise for at least 2.5hrs/week

Keep fit by doing moderate-intensity activities like brisk walking, bhanga, or cricket.

Have a more balanced meal

Fill **half** a plate with **vegetables**, **1/4** with **whole grains** and **1/4** with **protein**. Eat at least **5 servings** of fresh fruits and vegetables daily.



Limit consumption of fried foods

Cut down on oil by eating less samosas, puris and pakoras. Try baking these dishes instead.

Eat less saturated fat

Avoid using ghee, butter, coconut or palm oil.



Avoid smoking & alcohol

Quit smoking and avoid the overconsumption of alcohol.

Manage sleep & stress

Remember to relax more often and to sleep at least 8 hours daily.