

# WESTGATE ORTHOPAEDIC PHYSICAL THERAPY & EXERCISE INC., P.S.

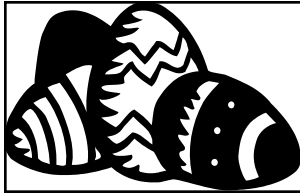


## Health & Wellness Newsletter

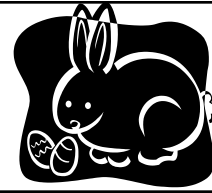
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Collated by Jamie K. Sato, DPT, OCS



## Hoppy Easter!



***Q: What's better—a snack food with less saturated fat but some trans fat, or a food with more saturated fat but no trans fat? Is there a ratio of saturated to trans fats I can use to rate a food's healthfulness? - G.H. via the internet***

University of California, Berkeley Wellness Letter March 2010

**A:** There's no official ratio of fats to aim for in a specific food, but the American Heart Association (AHA) offers some perspective of how much saturated versus trans fat you should get in a day. Both types of fat have undesirable effects on blood cholesterol and raise heart disease risk. *Trans fats are even worse because they not only raise LDL ("bad") cholesterol (like saturated fats do), but also lower HDL ("good") cholesterol.*

### American Heart Association guidelines:

- **Saturated Fats:** less than 7% of your total calories (~15g if you eat 2,000 calories per day)
- **Trans Fats:** less than 1% of your total calories (~2g for a 2,000-calorie diet).

Keep in mind, this 7-to-1 ratio of saturated to trans fats applies to your *whole diet*, not to specific foods. It's what you eat over the entire day (or days) that makes your diet healthy or not—and the bottom line is that you should limit both types of fat. Best yet, look for foods that are free of trans fat altogether. Many companies have reduced or removed trans fat from their products. But even if a label says "0" trans fat, if partially hydrogenated oil is listed as an ingredient, that means some trans fat is present.

## CHOLESTEROL

It may surprise you to know that cholesterol itself isn't bad. In fact, cholesterol is just one of the many substances created and used by our bodies to keep us healthy. About 75% of blood cholesterol is produced by your liver and other cells in your body (and can be affected by your family health history), while about 25% comes from the food you eat. Too much cholesterol in the blood can lead to cardiovascular disease—America's #1 killer.

<b>LDL (“bad”) Cholesterol Levels</b>	<b>Total Blood (or Serum) Cholesterol Levels:</b>	<b>Triglyceride Levels:</b>
<u>Optimal:</u> <100mg/dL	<u>Desirable:</u> <200mg/dL	<u>Normal:</u> <150mg/dL
<u>Near/above optimal:</u> 100-129mg/dL	<u>Borderline High-Risk:</u> 200-239mg/dL	<u>Borderline:</u> 150-199mg/dL
<u>Borderline High:</u> 130-159mg/dL	<u>High Risk:</u> ≥240mg/dL	<u>High:</u> 200-249mg/dL
<u>High:</u> 160-189mg/dL		<u>Very High:</u> 500mg/dL
<u>Very High:</u> 190mg/dL		

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