

WHAT IS HIGH BLOOD LIPID?

High blood lipid is a condition that includes high levels of cholesterol and triglyceride in the blood. Cholesterol is a waxy, fat-like substance made in the body. Triglyceride is the most common type of fat in the body.

High blood lipid increases the risk of getting heart disease and stroke. This can happen to anyone at any age.

RISK FACTORS

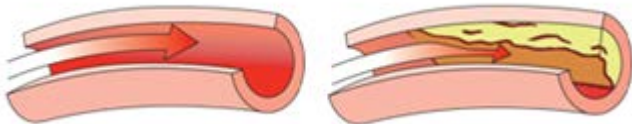
You may be at higher risk if you have any of the following factors:

- Family history of early heart disease
- Overweight or obese
- Physical inactivity
- Diet high in fat, especially cholesterol, saturated fat and trans fat
- Diabetes or existing cardiovascular disease

WARNING SIGNS AND SYMPTOMS

Over time, the clumps of blood lipid harden into “plaque.” It can narrow the blood vessel. If this happens in a blood vessel in the heart, it can lead to chest pain. When a blood vessel that carries blood to the heart is completely blocked up by plaque, a heart attack can occur. When a blood vessel that carries blood to the brain is blocked, a stroke can occur.

There are usually no signs or symptoms for high blood lipid. It is important to have a fasting blood test to check blood lipid regularly.



Blood flow in normal vessel

Blood flow in blocked vessel

Sources:

- Centers for Disease Control and Prevention
- National Heart, Lung and Blood Institute
- National Institute of Health
- American Heart Association
- Nutrition Care Manual

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。 Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional. North East Medical Services disclaims any liability for the decisions you make based on this information.

RECOMMENDED LEVELS FOR CHOLESTEROL AND TRIGLYCERIDE:

Total Cholesterol	
Adult	Less than 200 mg/dl
Children 2-19 years old	Less than 170 mg/dl
HDL (Good) Cholesterol (the higher the better)	
Adult	Over 40 mg/dl
Children 2-19 years old	Over 45 mg/dl
LDL (Bad) Cholesterol (the lower the better)	
Adult	Less than 130 mg/dl
Children 2-19 years old	Less than 110 mg/dl
Triglyceride (Not cholesterol – another form of fat in the blood)	
Adult	Less than 150 mg/dl
Children 0-9 years old	Less than 75 mg/dl
Children 10-19 years old	Less than 90 mg/dl

STEPS TO LOWER YOUR RISK:

- **Eat a heart-healthy diet (see food examples on the back)**
 - Limit the total amount of fat in your diet especially saturated fat and trans fat
 - Limit the amount of cholesterol in your diet
 - Eat high fiber foods
 - Incorporate omega-3 fats in your diet
- **Maintain a healthy weight**
- **Exercise regularly**
 - Plan to get at least 30 minutes of exercise everyday
- **Quit smoking**
- **Monitor your blood lipid levels regularly**
- **If prescribed, medication should be taken as directed by your doctor**
- **For more information on a heart healthy diet, please schedule an appointment with a nutritionist (Registered Dietitian)**



CONTACT NEMS 聯絡東北: (415) 391-9686 (650) 550-3923 (408) 573-9686 WWW.NEMS.ORG

FOOD SUGGESTIONS

FOOD GROUP	RECOMMENDED FOODS	NOT RECOMMENDED FOODS
Grains	<ul style="list-style-type: none"> Whole grain, high fiber breads Oatmeal and oat products Brown rice Whole grain, high-fiber breakfast cereals Whole wheat pasta Low-fat crackers (such as low fat saltine and graham cracker) 	<ul style="list-style-type: none"> High-fat bakery products (such as pineapple bun, Chinese doughnuts, doughnuts, biscuits, croissants, Danish pastries, pies and cookies) Snacks made with partially hydrogenated oils (such as chips, cheese puffs, crackers and butter-flavored popcorn) Instant noodle and cup noodle
Vegetables	<ul style="list-style-type: none"> Fresh or frozen vegetables not prepared with saturated fat or trans fat 	<ul style="list-style-type: none"> Fried vegetables Vegetables prepared with butter or cheese
Fruits	<ul style="list-style-type: none"> Fresh or frozen fruits not prepared with saturated fat or trans fat 	<ul style="list-style-type: none"> Fried fruits Fruits prepared with cream or butter
Meats and Protein Foods	<ul style="list-style-type: none"> Fish (such as salmon and sardines) Chicken breast without skin Lean cuts of pork and beef (such as loin, leg, round and extra lean hamburger) Egg whites and egg substitutes Dried beans and peas Meat alternatives made with soy protein (such as tofu and veggie burgers) 	<ul style="list-style-type: none"> Fried meat, poultry and fish Fried meat alternatives (such as fried bean curd and bean curd puff) Higher-fat cuts of meats (such as ribs, t-bone steak, regular hamburger and pork belly) Processed meats (such as bacon, hot dog, sausage, salami and bologna) Organ meats (such as liver, brain and kidney) Poultry with skin (such as chicken wing and feet)
Milk and Dairy Products	<ul style="list-style-type: none"> Fat-free milk and milk products Fat-free or low fat yogurt Fat-free or low-fat cheese (such as cottage cheese) 	<ul style="list-style-type: none"> Whole milk and whole milk yogurt 2% fat milk Half-&-half Cream, cream products and sour cream Whole-fat Cheese Ice cream and frozen yogurt
Fats and Oils	<ul style="list-style-type: none"> Vegetable oils (such as canola oil, soybean oil, olive oil and peanut oil) Soft or liquid margarines Nuts (such as almond and walnut), nut butter (such as peanut butter), and seeds Avocado 	<ul style="list-style-type: none"> Butter and lard Partially hydrogenated oils (such as margarine and shortening) Tropical oils (such as palm and palm kernel oils) Salad dressings (such as ranch and thousand island)
Other Foods	<ul style="list-style-type: none"> Food high in omega-3 fat (such as salmon, sardines, walnuts, ground flaxseeds and chia seeds) 	<ul style="list-style-type: none"> Chocolate Nondairy cream substitutes made with trans fat (such as liquid coffee creamer)
Alcohol		<ul style="list-style-type: none"> All alcoholic beverages (such as beer, wine, liquor and mixed drinks with alcohol)

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。
 Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional.
 North East Medical Services disclaims any liability for the decisions you make based on this information.

NEMS complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Spanish ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

Chinese 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

Vietnamese CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

什麼是高血脂?

高血脂是指血液中的膽固醇和三酸甘油酯過高。膽固醇是身體產生的一種蠟狀脂肪類物質。三酸甘油酯是身體血液中最常見的脂肪。

高血脂會增加患上心臟病和腦中風的風險。這可以發生在任何年齡的人身上。

風險因素

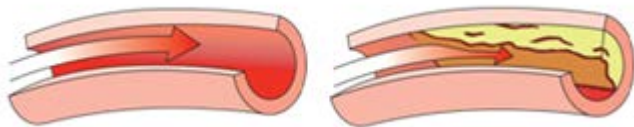
如果你有以下情況，可能增加你患上高血脂的風險：

- 有患早發性心臟病的家族病史
- 超重或肥胖
- 缺乏體力活動
- 飲食中含有大量的脂肪，尤其是膽固醇、飽和脂肪及反式脂肪
- 患有糖尿病或心血管疾病

徵兆及症狀

這些團狀的血脂肪，在一段時間之後，可能會硬化成為斑塊，使動脈血管壁變窄。如果這種情況發生在心臟動脈血管，就會引起胸口疼痛。如果負責把血液輸送到心臟的動脈血管完全被斑塊堵塞，就會導致心臟病發作。如果負責把血液輸送到腦部的血管被斑塊堵塞，就會導致腦中風。

高血脂一般沒有徵兆和症狀。作定期空腹驗血來監控血脂水平是十分重要的。



正常血管中的血液流動

被堵塞血管中的血液流動

資料來源:

- Centers for Disease Control and Prevention
- National Heart, Lung and Blood Institute
- National Institute of Health
- American Heart Association
- Nutrition Care Manual

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。
Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional.
North East Medical Services disclaims any liability for the decisions you make based on this information.

建議膽固醇及三酸甘油酯的水平為：

膽固醇總量 (Total Cholesterol)	
成人	200 毫克/分升以下
兒童兩至十九歲	170 毫克/分升以下
高密度脂蛋白/好膽固醇 (越高越好) (HDL)	
成人	40 毫克/分升以上
兒童兩至十九歲	45 毫克/分升以上
低密度脂蛋白/壞膽固醇 (越低越好) (LDL)	
成人	130 毫克/分升以下
兒童兩至十九歲	110 毫克/分升以下
三酸甘油酯不是膽固醇 - 他們是血液中的另一種脂肪 (Triglyceride)	
成人	150 毫克/分升以下
兒童零至九歲	75 毫克/分升以下
兒童十至十九歲	90 毫克/分升以下

減低罹患高血脂的機會：

- 吃一個對心臟有益的健康飲食（請參考後面的食物例子）
 - 限制總脂肪的攝取量，特別是飽和脂肪和反式脂肪
 - 限制總膽固醇的攝取量
 - 進食高纖維的食物
 - 進食含奧米加 3 脂肪的食物
- 保持健康的體重
- 定期運動
 - 最好每天至少運動 30 分鐘
- 戒煙
- 經常監測血脂水平
- 如果需要服藥，按照醫生指示服用藥物
- 如果想知道更多關於對心臟有益的健康飲食，請預約營養師諮詢



建議進食的食物

食物種類	建議進食的食物	不建議進食的食物
穀類	<ul style="list-style-type: none"> 全穀、高纖麵包 麥片和燕麥產品 糙米 全穀、高纖早餐五穀片 全麥意大利麵 低脂餅乾(例如蘇打餅和全麥餅乾) 	<ul style="list-style-type: none"> 高脂肪烘焙點心(例如菠蘿包、油條、甜甜圈、甜餅、牛角包、丹麥酥餅、西式餡餅和曲奇餅) 用部分氫化油製作的零食(例如炸薯條、芝士泡芙、餅乾和牛油味的爆米花) 即食麵和杯麵
蔬菜	<ul style="list-style-type: none"> 不要添加任何飽和脂肪、反式脂肪的新鮮及速凍的蔬菜 	<ul style="list-style-type: none"> 油炸的蔬菜 添加牛油、奶酪/芝士的蔬菜
水果	<ul style="list-style-type: none"> 不要添加任何飽和脂肪、反式脂肪的新鮮及速凍的水果 	<ul style="list-style-type: none"> 油炸的水果 添加牛油和奶油的水果
肉類和蛋白質食物	<ul style="list-style-type: none"> 魚肉(例如三文魚和沙丁魚) 無皮雞胸肉 瘦豬肉和牛肉(例如腰肉、腿肉、後腿肉和特瘦免治肉) 雞蛋白和雞蛋替代品 干豆和豌豆 用黃豆做的肉類替代品(例如豆腐和素食漢堡) 	<ul style="list-style-type: none"> 油炸的肉類、家禽肉和魚肉 油炸肉類替代品(例如炸豆腐和豆腐卜) 高脂肪的肉類(例如排骨、帶骨的肉排、普通的免治肉和五花肉) 加工肉類(例如熏肉、熱狗、臘腸、大紅腸和意大利蒜味辣腸) 動物內臟(例如肝、腦和腎) 帶皮的雞肉(例如雞翼和雞腳)
牛奶和牛奶製品	<ul style="list-style-type: none"> 脫脂牛奶和奶製品 脫脂或低脂酸乳酪 脫脂或低脂乳酪/芝士(例如鬆軟白色乾奶酪/茅屋芝士) 	<ul style="list-style-type: none"> 全脂牛奶、全脂酸乳酪 2%脂肪牛奶 半對半奶油 奶油、奶油製品和酸奶油 全脂奶酪/芝士 雪糕和冰凍的酸乳酪
脂肪和油	<ul style="list-style-type: none"> 植物油(例如芥花籽油、黃豆油、橄欖油和花生油) 軟或液體狀的人造黃油 果仁(例如杏仁和核桃)、果仁醬(例如花生醬)、和瓜子 牛油果 	<ul style="list-style-type: none"> 牛油和豬油 部分氫化油(例如人造黃油和起酥油) 熱帶油(例如棕櫚油和棕櫚仁油) 沙律醬(例如田園沙律醬和千島醬)
其他食物	<ul style="list-style-type: none"> 含有奧米加 3 脂肪的食物(例如三文魚、沙丁魚、核桃、亞麻籽粉(ground flaxseeds)和奇異籽(chia seeds)) 	<ul style="list-style-type: none"> 巧克力 含反式脂肪的奶油替代品(例如液體咖啡奶精)
酒精		<ul style="list-style-type: none"> 所有酒精飲品(例如啤酒、紅酒、烈酒和調酒)

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。
Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional.
North East Medical Services disclaims any liability for the decisions you make based on this information.