



What is cholesterol?

Cholesterol is a fat-like substance in our blood. Our bodies need some cholesterol, but having too much in our blood can make cholesterol levels too high and be bad for our hearts.

Is cholesterol good or bad?

Cholesterol is not always 'bad', and not all cholesterol in food is the same. Some cholesterol or 'good' fats in food are essential for good health, while others can be bad for your heart if you have them too often.

Unhealthy 'bad' fats that can affect your health are called saturated fats and trans fats. They can raise your cholesterol levels and affect your heart health long-term.

Some fats are 'bad' while others are 'good' and can improve your heart health. It's about choosing better foods more often.

Limit:

- 'Bad' (saturated) fats in high-fat meat, dairy products, coconut and palm oil
- 'Bad' (trans) fats in packaged and processed snack foods like biscuits, crackers, cookies and deep-fried food
- Limit drinking too much alcohol and smoking

Instead, choose:

- 'Good' fats like olive oil, avocados, nuts, oily fish and lean meats
- A wide variety of fruits & veggies, whole grains, and nuts
- Sit less and move more throughout the day