








Cholesterol Facts for Kids

The Cholesterol Team	What they do in your body	Why they are important	Your Goals	Your Numbers
<p>Lippy, Ester, Huddle & TeeGee</p> 	Cholesterol is needed by all parts of your body, including the brain, muscles, organs, skin and skeleton. High blood cholesterol levels increase your risk for heart disease.	<p>Total Cholesterol is affected by:</p> <ul style="list-style-type: none"> The amount of cholesterol made by your body The amount of saturated fat, fiber and total calories in your diet Your family background Non HDL cholesterol = Total – HDL cholesterol 	<p>GOAL <i>less than</i> 170 for Total GOAL <i>less than</i> 120 for Non-HDL</p>	<p>DATE: _____</p> <p><i>Your Total Cholesterol</i> _____</p> <p><i>Your Non-HDL Cholesterol</i> _____</p>
<p>Lippy The Transporter LDL</p> 	Lippy carries cholesterol 'Esters' (little balls of fat) throughout your body. If there are too many Esters, Lippy drops them in the wrong places. They clog your arteries and that's when the trouble starts...	If you have too many Lippies and Esters (LDL cholesterol), even after you make healthy choices, your doctor may suggest medicine to keep your LDL Cholesterol under control.	<p>GOAL <i>less than</i></p> <p>110</p>	<p><i>Your LDL</i> _____</p>
<p>Huddle The Housekeeper HDL</p> 	'Huddles' (HDL cholesterol) take out the extra Esters and help clear out your arteries. It is good to have lots of Huddles.	The higher your 'Huddles' (HDL cholesterol), the lower your risk for heart disease. When you control your Lippies, Huddle has less work to do.	<p>GOAL <i>greater than</i></p> <p>45</p>	<p><i>Your HDL</i> _____</p>
<p>TeeGee The Energizer Triglyceride</p> 	'TeeGees' (Triglycerides) are fats from food. Your body can make too many TeeGees from extra sugar and calories in your diet.	<p>To help lower TeeGees (Triglycerides):</p> <ul style="list-style-type: none"> Eat 3 – 4 smaller meals and snacks rather than 1 – 2 large meals per day If you have diabetes, keep good control of blood sugar 	<p>GOAL <i>less than</i></p> <p>75 (ages 0 -10) <i>less than</i></p> <p>90 (ages 10–19)</p>	<p><i>Your Triglycerides</i> _____</p>

Want to learn more about The Cholesterol Team and their adventures?

Visit Lippy & Friends at www.HomeworkForHealth.com!

Healthy Choices for Kids

The Cholesterol Team	How you manage them	Practical Tips
<p>Lippy The Transporter LDL</p> 	<p>LDL Cholesterol can often be lowered by:</p> <ul style="list-style-type: none"> • Decreasing saturated fat • Decreasing trans fat • Increasing fiber • Daily physical activity 	<p>Goals to aim for:</p> <ul style="list-style-type: none"> • Less saturated fat • As little trans fat as possible • More fiber • 60 minutes a day of physical activity
<p>Huddle The Housekeeper HDL</p> 	<p>HDL Cholesterol can be raised by:</p> <ul style="list-style-type: none"> • Losing weight if needed • Daily physical activity 	<p>Goals to aim for:</p> <ul style="list-style-type: none"> • Healthy weight • 60 minutes a day of physical activity
<p>TeeGee The Energizer Triglyceride</p> 	<p>Triglycerides can be lowered by:</p> <ul style="list-style-type: none"> • Losing weight if needed • Daily physical activity • Limit calories from sugars • Smaller portions 	<p>Goals to aim for:</p> <ul style="list-style-type: none"> • Replace saturated fats and sugars with healthy mono-saturated fats like olive oil, canola oil and nuts • Avoid sweet drinks like soda, juice, energy drinks, sweetened coffees and teas • Enjoy smaller servings of sweets and desserts • Eat 3 – 4 smaller meals & snacks rather than 1-2 large meals per day

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