

# TIPS TO BALANCE



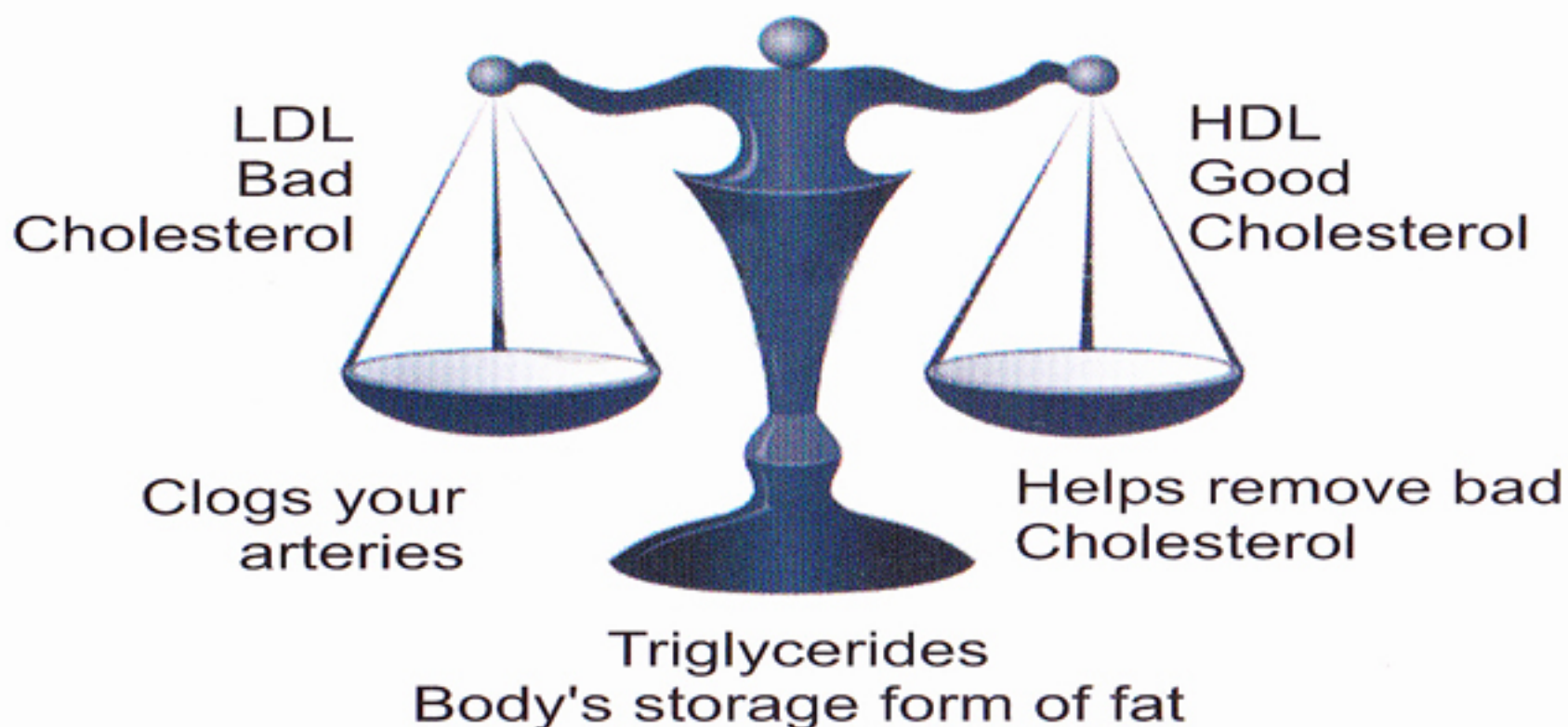
## CHOLESTEROL

**Bankers**  **Heart Institute**  
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# CHOLESTEROL

It is a waxy substance produced by liver, also found in food we eat... milk, dairy products, meat, shell fish and egg yolk.

## CHOLESTEROL



## ROAD TO GOOD NUTRITION

- Keep saturated and trans-fat to less than 10% of calories (ghee, Vanaspati ghee)
- Total fat should average 30% of calories.
- Cholesterol from the food should be less than 300 mgs per day.

## REFERENCE VALUES OF LIPIDS IN BLOOD

<b>Total Cholesterol</b>	<b>&lt;200 mg</b>
LDL (Bad Cholesterol)	<130 mg
HDL (Good Cholesterol)	30-75 mg
Triglycerides	<150 mg

# HEALTHY FOOD CHOICES

Choose food that are low in Cholesterol. Pick them wisely and watch what you eat.



Eat more fruits and vegetables, whole grains, pasta, pulses, salad greens, dry fruits, fish.

Stay away from whole fat milk, ice-creams, butter, ghee, fried foods, chips, fast foods, meats, cheese



Workout and get in shape, no matter what your age may be.

Keep your weight in a healthy range. Cook in lesser amount of oil and use spices to flavor your food.

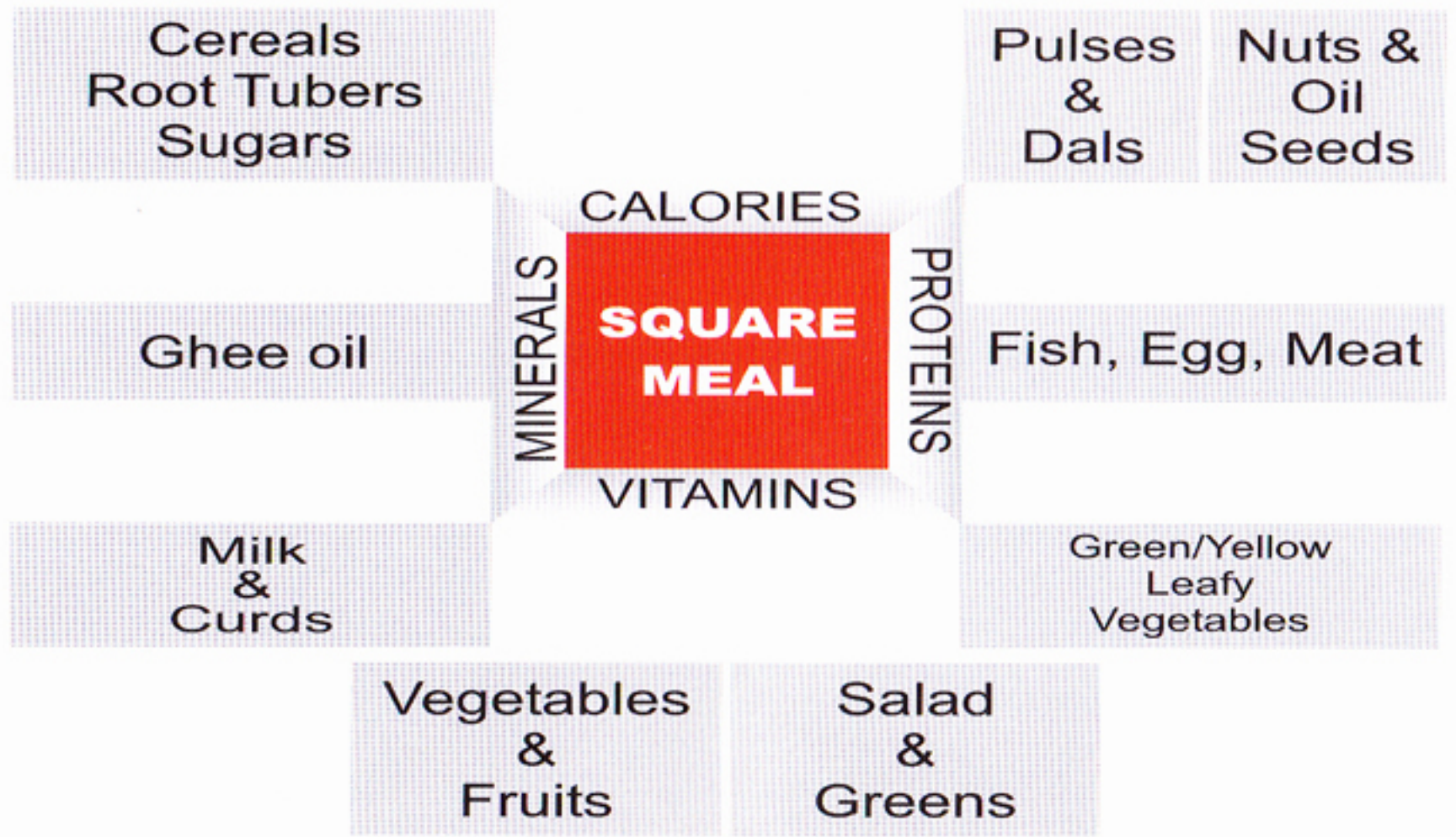


## FOLLOW A IDEAL GOAL

- Develop a healthy well-balanced lifestyle.
- No smoking, no tobacco.
- Limit alcohol.
- Regular exercise raises HDL (GoodCholesterol)
- Decrease caloric intake.
- Eat meals same time every day.
- Discourage sleeping during the day.
- Plan to eat your largest lunch when your digestion is strong and light during night.
- Load your diet with plenty of fiber rich fruits and vegetables.



# FOLLOW A SQUARE MEAL



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