



American Heart Association ®

**Check. Change . Control.®**  
Cholesterol

## TOTAL CHOLESTEROL

CHOLESTEROL is a waxy substance. Your liver makes all the cholesterol you need. The rest of the cholesterol in your body comes from foods derived from animals such as meat, poultry and full-fat dairy products. The body uses cholesterol to form cell membranes, aid in digestion, convert Vitamin D in the skin and make hormones. Two types of lipoproteins carry cholesterol to and from cells. High-density lipoproteins and low-density lipoproteins . Triglycerides are the most common type of fat in the body. Your total cholesterol is a measurement of these three key components of cholesterol.



High density lipoproteins (HDL cholesterol) are called GOOD cholesterol because they remove

