

Essence
McCracken

Nutrition Therapy: CAD

Know your fats

25% to 35% of total
calories = fat

Saturated Fats: Limit



Raises blood levels of low-density lipoprotein, also known as "bad" cholesterol or LDL. This rise in LDL causes plaque to accumulate in the arteries.

Monounsaturated Fats: Eat More



Lowers LDL ("bad") cholesterol, maintains or raises HDL ("good") cholesterol, and lowers triglycerides when saturated fats are substituted in the diet. They enhance blood vessel function, reduce blood pressure, and help avoid clogged arteries.

Polyunsaturated Fats: Eat More



Lowers blood pressure, lipids, and inflammation and stabilizes plaque.

Trans Fat: Avoid



Negatively impact cholesterol and promote arterial damage