



# LIVE WELL @WORK Newsletter

UC San Diego | Center for  
SCHOOL OF MEDICINE | Community Health

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## FEATURE

### Cholesterol Check

According to the Centers for Disease Control and Prevention (CDC), more than 102 million American adults have high total cholesterol levels (at or above 200 mg/dL). So what is cholesterol? It is a waxy, fat-like substance that's found in all cells of the body. Our body needs some cholesterol to make certain hormones and substances that help digest food. There are two main types of cholesterol: LDL and HDL. High levels of LDL cholesterol, known as the "bad" cholesterol, can cause a buildup in your arteries, which will block blood flow to major organs. HDL cholesterol is the "good" cholesterol, which can help clean out the buildup in your arteries. Incorporating physical activity in your life and maintaining a healthy weight can help lower your LDL (bad) cholesterol and increase your HDL (good) cholesterol. You can also help improve cholesterol by minimizing alcohol consumption and by not smoking. Finally, you can also help your cholesterol by increasing fiber in your diet by eating more fresh fruits, vegetables, and whole grains.

## HARVEST OF THE MONTH

### Peppers & Pears

Peppers are an excellent source of vitamin C (antioxidant) and good source of vitamin B6 (helps build healthy blood cells).

A ½ cup of sliced pears is a good source of fiber and vitamin C, and contains only 44 calories!



## SWAP OUT → SWAP IN

### Drinks with Added Sugar → Fresh Water

Many people do not realize how much added sugar and calories are found in soda, juice drinks, and even the coffee you buy from the café next door. Often people say drinking water is "too boring" or doesn't satisfy their "cravings." What if there was a way to brighten up your water to make it more exciting to drink? Flavoring water is a fun way to add freshness and flavor into your plain water. There are plenty of water infusers available that you can use, or you can add the ingredients to your bottle or glass. Some examples of ways to add interest to your water are:

- Add cucumber or watermelon, and mint.
- Add any ripe fresh fruit.
- Freeze crushed fruit in ice cube trays and add it to your water.
- For something bubbly, use carbonated water instead, and add the fresh fruit for some natural sweetness.