

Jobsite: \_\_\_\_\_  
Supervisor: \_\_\_\_\_

Date: \_\_\_\_\_  
G.C. \_\_\_\_\_

**SMOHIT Body Maintenance**

**Toolbox Talks for the Sheet Metal Industry**

**Fat and Cholesterol**

- Cholesterol and fat are not the same thing.
- Cholesterol is a fat-like substance that is present in all animal foods, such as meat, poultry, fish, milk, milk products, and egg yolks.
- Meat fat and skin, the skin of poultry, egg yolks, and organ meats, like liver, are high in cholesterol.
- Plant foods do not contain cholesterol (fruits, grains, etc.).
- Baked and broiled fish, chicken, and turkey can help maintain good cholesterol levels. Avoid fried foods.
- Dietary cholesterol, as well as saturated fat, raises blood cholesterol levels in many people, increasing their risk for heart disease.
- Total Blood (Serum) Cholesterol Levels
  - Total level of cholesterol (LDL & HDL) in bloodstream.
- LDL – “Bad Cholesterol”
  - When too much LDL circulates in the blood, it can slowly build up in the inner walls of the arteries, causing clots that may lead to a heart attack or stroke.
- HDL – “Good Cholesterol”
  - High levels of HDL help protect against heart attacks by carrying “bad cholesterol” away from the arteries and back to the liver where it is passed from the body.
- Regular exercise, a healthy diet, and prescription medications (e.g. CRESTOR®) can help control cholesterol.

**Notes:**

**Instructor Tips**

- **Explain that you can lower your saturated fat intake by using less butter, drinking skim milk, taking the skin off of chicken, and by using olive or canola oil.**
- **Stress the importance of staying away from foods with Trans fatty acids (e.g. hard margarines and shortenings, crackers, fried foods and cookies).**
- **Ask workers to list some of the high Trans fatty acid foods they eat, and some healthier foods they can eat instead.**

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