

Protect Your Heart—



Lower Your Blood Cholesterol!

**Make changes today.
It's never too late!**

"I knew it was time to do something to lower my high blood cholesterol. I made a few changes at a time with the foods I buy and how I prepare them. Each day I try to be active. I walk at my lunch break or jump rope with my kids. Making changes paid off. I lost two dress sizes in 3 months! And my cholesterol is slowly dropping. I feel good."

—*Patty Crespo*

Take steps to lower your risk for high blood cholesterol. Eat heart-healthy foods.

- skim or 1% milk
- low fat frozen yogurt
- low fat or fat free cheese
- fish
- turkey and chicken without skin
- lean cuts of meat
- cereals, pasta, lentils, and beans
- corn tortillas, breads
- fruits and vegetables

Go easy on these foods.

- 2% milk
- oils and margarine
- olives and coconuts
- nuts

Cut back on these foods.

- whole milk
- creams and ice creams

- high-fat cheeses
- butter
- fatty cuts of meat and refried pork
- sausages, hot dogs, bologna
- liver, kidneys, & other organ meats
- egg yolks
- lard, coconut, palm, or palm kernel oil

Be physically active every day. Choose activities that you and your family can enjoy.



- walk
- garden
- play sports
- do aerobics
- dance
- jump rope

Aim for a healthy weight. Take steps to lose weight. If you are overweight, try losing weight slowly.

- Cut back on foods high in fats and calories.
- Eat smaller portions.
- Eat fruits and vegetables for snacks.
- Bake, broil, or boil your foods.
- Be active every day.

Take steps to lower your blood cholesterol! An ounce of prevention is worth a pound of cure.

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