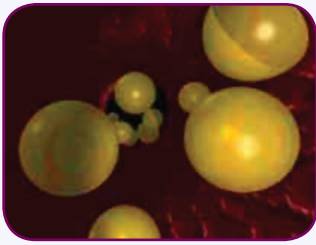


What You Should Know About



Cholesterol is a waxy substance that travels in your bloodstream. When you have high cholesterol, it builds up in the walls of your blood vessels. This makes the blood vessels narrow and blood flow decrease. Then you could have a heart attack or a stroke. Total cholesterol includes LDL and HDL cholesterol, as well as other fats in the bloodstream. Total cholesterol should be lower than 200. Your total cholesterol is: _____. If your total cholesterol is high, follow the steps below to help lower your total cholesterol level.

BE ACTIVE

- ❑ Exercising helps you lower your blood cholesterol, helps you lose weight, and helps to reduce stress.
- ❑ Walking, swimming, and riding a bike are some good ways to be active.
- ❑ Start at a level where you feel comfortable. Increase your time and pace a little each week.
- ❑ There are many simple ways to add exercise into your daily routine.
- ❑ When possible, take the stairs instead of the elevator.
- ❑ When grocery shopping, walk each aisle of the store before making your purchase selections.



Controlling Your Cholesterol

EAT LESS FAT

- ❑ Eating less fat is the first step to lowering your cholesterol.
- ❑ Emphasize fruits, vegetables, and whole grains.
- ❑ Limit your intake of bakery goods made with egg yolk.
- ❑ Avoid fried foods
- ❑ Include lean meats, poultry, fish, beans, eggs, and nuts in your daily diet.



Use the food pyramid as a guide to help you cut down on fat and stay active.

