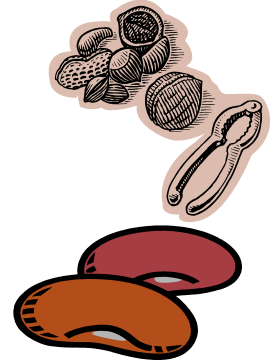


## Cholesterol Tips

### Diet

- 1** Eat nuts. They can lower cholesterol and are a good source of protein. Walnuts and almonds are very good choices. Eat a handful of these each day.
- 2** Look for fiber. Potatoes, beans, peas, oatmeal, and whole grains are good choices. Look for the word “whole” in the ingredients.



### Meats



- 1** Eat more fish. Look for salmon, anchovies, sardines, trout, or herring at your local grocery store. If you have trouble getting fish, ask your doctor if you can take fish oil supplements. Cut back on other fatty meats.



- 2** Cut off fats from your meat before cooking. Baste with wine or fruit juices. Drain off fat from your meats using a rack while cooking. Try to broil or grill instead of frying.

## Cholesterol Tips

### Avoid Fats



- 1 Eat less butter. Switch to margarine for a spread. Use liquid vegetable oils like canola, corn, and olive to grease the pan and sauté foods.



- 2 Switch to low fat or non-fat dairy like skim milk. Avoid snacking on cheese with crackers and try Greek yogurt with fresh fruits instead. Eat less store-bought dessert pastries.



### Exercise

- 1 Aim for 30 minutes of exercise a day. Try to sweat and get your heart to pump faster when you are active. Drink plenty of water when exercising.
- 2 Start slowly. Walk daily. You can park the car farther from the store. Take stairs instead of the elevator. You can soon build up to jogging and biking.



Always talk to your health provider before you start any exercise program.