



ACTION STEPS FOR WELLNESS

Help lower your risk for heart disease, adopt simple changes.



Be fussy about the fats you eat. Read food labels.

Choose these:	Instead of:
Olive oil, canola oil	Trans fats (hydrogenated oils)
Almonds and walnuts	Cheese puffs
Salmon	Chuck roast
Small whole-grain roll (dip in one tsp. olive oil with spices)	Large croissant or white roll with butter



- Eat apples, oranges, oat bran, oatmeal, beans, and peas. These have a type of fiber that helps lower cholesterol.
- Replace a half-hour of watching TV with a half-hour walk.
- Walk the stairs more.



- Choose minimally processed foods. Include healthy protein sources, mostly plants and seafood. Cut back on salt and sugar-sweetened drinks.
- Add more minutes or steps of walking every day until you reach at least 30 minutes or 10,000 steps a day.
- Avoid secondhand smoke. If you smoke, get help to quit.