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**Cholesterol counts.
Know your numbers.**

- a. **Total cholesterol:** (Goal = less than 200 mg/dL)
 b. **LDL-cholesterol:** (Goal = less than 100 mg/dL)
 c. **HDL-cholesterol:** (Goal = more than 40 mg/dL for men; more than 50 mg/dL for women)
 d. **Triglycerides:** (Goal = less than 150 mg/dL)

2

Mind your medicines.
Take them as prescribed.

3

No ifs, ands, or butts about it - quit smoking.

4

Shed extra pounds.

Wellthier by the Dozen™

12 Terrific Tips to**CONTROL CHOLESTEROL**

5

Be physically active for at least 30 minutes most days.

6

Go for the good oils (olive, canola, avocado, and corn oil) instead of saturated fats and trans fats (hydrogenated oils in foods, such as stick margarine and snack foods).

7

Choose fat-free or lower-fat milk, cheese, and yogurt.

8

Lean on lean cuts of meat and poultry. Try more legumes, nuts, seeds and tofu.

9

Eat fish two to three times a week, especially ones with omega-3 fatty acids, such as salmon.

10

Color every day with a variety of fruits and veggies.

11

Fiber up!

Aim to get 20-35 grams of dietary fiber a day. Choose whole-grain breads and cereals and cooked dry beans and peas, nuts and seeds.

12

Manage stress. It can trigger unhealthy eating and raise blood cholesterol.

