

1**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).

1**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.****Eat 9 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.

**Manage 12 stress. It can trigger unhealthy eating and raise blood cholesterol.**