

7 WAYS TO IMPROVE YOUR CHOLESTEROL

1. KNOW YOUR NUMBERS.

TOTAL CHOLESTEROL:

Best: Less than 200
Borderline high: Between 200-239
High: Over 240

LDL OR "BAD" CHOLESTEROL:

Best: Less than 100

HDL OR "GOOD" CHOLESTEROL:

Best: More than 60
HDL levels that are less than 40 put you at risk for heart disease.

TRIGLYCERIDES:

Best: 150 or less

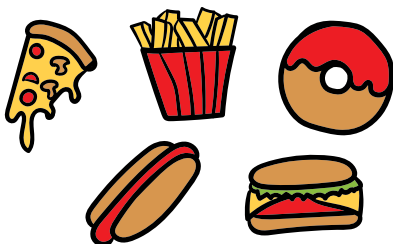
2. BE AWARE OF YOUR RISK.

- Things you can change include:
Your weight · What you eat
How much physical activity you get
- Things you cannot change include:
Your family history · Your age
Your gender

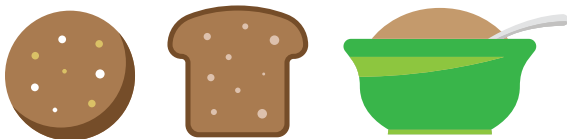
3. WATCH YOUR WEIGHT



4. WATCH THE AMOUNT AND TYPE OF FAT IN YOUR DIET



5. EAT FOODS HIGH IN FIBER.



6. STOP SMOKING



7. TALK TO YOUR HEALTH CARE PROVIDER

