

GETTING STARTED WITH LOWERING CHOLESTEROL

KNOW YOUR NUMBERS.

Make an appointment with your provider to check your total cholesterol, LDL, HDL, Triglycerides and Total Cholesterol: HDL ratio.



EAT MORE:

Vegetables, Fruits, Nuts and seeds, Olive or avocado oil, Avocados, Whole grains, Beans and legumes, Fish, Chicken and poultry (without skin), Low or non-fat dairy

EAT LESS:

Butter and full fat dairy, Lard, Red meat, Fried foods, Baked goods (muffins, cakes, croissants, cookies, etc), Coconut and palm oils, Added sugars (sweetened beverages, candy), Alcohol

AVOID/EAT SPARINGLY:

Shortening, Processed Meat



GET ENOUGH SLEEP

Get 7-9 hours of sleep per night. See a provider if you have trouble sleeping or snore.

MANAGE YOUR STRESS

Find ways to cope with stress. See a therapist if stress is unmanageable .

MOVE YOUR BODY

150 minutes or more/week of moderate or vigorous activity. Move for at least 5 minutes every hour.

ASK ABOUT SUPPLEMENTS



Ask your provider about supplements that might help your cholesterol like fiber, plant stanols and sterols or red yeast rice.

GET HELP!

In addition to your primary care provider, a health coach and fitness coach can help round out your heart healthy team.

