

High Cholesterol? Five Smart Ways to Go Low

Cholesterol is a waxy substance found in the fats in your blood. While your body needs some cholesterol to build healthy cells, high cholesterol leads to artery blockages and increases your risk for heart attack and stroke. Though high cholesterol can be inherited, it is often the result of unhealthy lifestyle choices and can be prevented. Try these tips:

1

CLEAR THE AIR

Smoking lowers HDL (good) cholesterol that helps remove LDL (bad) cholesterol from your arteries. It also damages the walls of your blood vessels, which puts you at greater risk for heart disease.

STRATEGY: If you need help quitting smoking, talk with your doctor. Avoid secondhand smoke and vaping, too.



2

GET THE SKINNY ON FATS

Foods high in saturated and trans fats causes your body to produce more cholesterol. Saturated fats are found in animal products and tropical oils. Trans fats are used in fried and processed foods.

STRATEGY: Use heart-healthy, unsaturated oils when cooking, like canola or olive, and choose seafood, lean meats and fat-free or low-fat dairy.



3

FILL UP ON FIBER

A high-fiber diet can lower your cholesterol by up to 10 percent.

STRATEGY: Fill your plate with fiber-rich foods such as whole grains, fruits and vegetables.

up to **10%↓**



4

KEEP MOVING

Regular exercise lowers bad cholesterol levels, reduces blood pressure and helps maintain a healthy weight.

30+ minutes

STRATEGY: Aim for 30 minutes of moderate-intensity exercise five days a week. Try bicycling, brisk walking, swimming or dancing.



5

THINK THINNER

Being overweight affects how your body uses cholesterol. By losing just 10 percent of excess weight, you can help reverse high cholesterol.

STRATEGY: Ask your doctor about a healthy weight for you. Create a realistic diet and exercise plan to work towards that goal.

