

## My Family Plan To Lower Blood Cholesterol Levels

Check the steps you plan to take to lower your blood cholesterol and keep it low. Start with a few changes and add more over time.

- ❑ Get my cholesterol level checked.
- ❑ Talk to my doctor about what my cholesterol numbers mean.
- ❑ Read the Nutrition Facts labels to choose healthier foods.
- ❑ Bake, boil, or broil foods instead of frying.
- ❑ Eat more fruits, vegetables, and whole grains.
- ❑ Choose water or sugar-free beverages instead of soda and juice.
- ❑ Aim for a healthy weight. Lose weight if overweight.
- ❑ Do 30 to 60 minutes of moderate physical activity on most days.

**Healthy arteries allow the blood to flow like a river. Take steps to control your blood cholesterol levels.**