

Take Action To Control Your Cholesterol

Do you know your blood cholesterol numbers?

Get Checked

- A lipid profile is a blood test that measures your cholesterol and triglyceride levels.
- Adults aged 20 and older should have a lipid profile test at the doctor's office.

Take Action

- Eating foods lower in saturated fat, *trans* fat, and cholesterol; doing physical activity; and losing weight if overweight can help you reduce your blood cholesterol level and prevent heart disease.

Here is what your blood cholesterol numbers mean:

Total cholesterol

Less than 200 mg/dL **Desirable.** Good for you! Keep up the good work!

200–239 mg/dL **Borderline high.** Depending on your other risk factors, you may be at a higher risk for heart disease. It is time to change your eating habits, increase your physical activity, and lose weight if overweight.

240 mg/dL or higher **High.** You are at a higher risk for clogged arteries and a heart attack. Ask your doctor what your risk is for heart disease.

LDL (lousy, bad) cholesterol: Keep it low!

Less than 100 mg/dL Optimal

100–129 mg/dL Near optimal

130–159 mg/dL Borderline high

160 mg/dL or more High

Write Your Numbers Here

Total Blood Cholesterol: _____

LDL: _____

HDL: _____

Triglycerides: _____

HDL (healthy, good) cholesterol (mg/dL):

The higher the better! Keep it 40 mg/dL or higher.

Triglycerides: Keep your triglycerides below 150 mg/dL.



Lola and Mila have learned that it is not difficult to get their families to eat foods lower in saturated fat, *trans* fat, and cholesterol.

How Lola and Mila switched their families from whole milk to fat-free milk

Lola and Mila slowly changed the milk their family drank from whole milk to fat-free milk. The first month, they served reduced-fat (2%) milk. During the next month, they served low-fat (1%) milk. Finally, they made the switch to fat-free milk. The change was so slow that they could not even taste the difference.

(continued)

Try some of these simple changes

When Shopping

1. Buy fat-free or low-fat (1%) milk and cheese.*
2. Buy vegetable oil spray. Spray it on baking pans and skillet instead of using a lot of fat to grease pans.
3. Use the Nutrition Facts label to help you choose foods lower in saturated fat, *trans* fat, and cholesterol.

When Cooking

1. Trim the fat from meat, and remove the skin and fat from chicken and pork before cooking.
2. Cook ground meat, drain the fat, and rinse with hot tap water. This removes half the fat. Do not reuse the fat to cook other food.
3. Cool broths, soups, and stews, and remove the layer of fat that rises to the top.
4. Use canola, safflower, or sesame oil instead of saturated fats and oils, such as coconut oil, shortening, and lard.

When Eating

1. Use fat-free or low-fat salad dressing, mayonnaise, or cream cheese.
2. Use small amounts of tub margarine instead of butter.
3. Choose fruits and vegetables instead of high-fat foods such as chips or fries.

* Or lactose-free products



Lola Idad has learned that eating foods high in saturated fat can raise her blood cholesterol level. So she has modified her favorite *bibingka* (sweet rice cake) recipe by using low-fat milk for the coconut milk and low-fat tub margarine for the butter. Now the *bibingka* is lower in saturated fat, *trans* fat, and cholesterol, and it still tastes great.

Make your personal pledge to do what Lola has done! Look at these examples:



Breakfast

Use fat-free or low-fat milk in coffee or oatmeal.

Lunch

Use leftover roast beef to make a sandwich on whole-grain bread. Eat it with some raw carrots and an orange for dessert.



Dinner

Broil the chicken in olive oil, garlic, and onions. Remove and throw away the skin before cooking.

Snack

Eat fresh guava instead of ice cream.

Write the changes you will try to make this week:

**The health of you and your family is priceless.
Value it!**