



# Take Action To Control Your Cholesterol

## Do you know your cholesterol numbers?

### Get Checked

Get your cholesterol and triglyceride levels tested at your health care provider's office. The test is called a lipid panel. Ask your provider what your levels should be.

### Take Action

Choose healthy foods that will help you control your cholesterol levels, avoid being overweight, and protect your heart.

## How I switched my family from whole milk to fat-free milk

Ms. Diane has learned that it's not difficult to get her family to eat foods lower in saturated fat and cholesterol.

I slowly changed the milk my family drank from whole milk to fat-free milk. The first month I served reduced-fat (2%) milk. During the next month, I served low-fat (1%) milk. Finally, I made the switch to fat-free milk. The change was so slow that they couldn't even taste the difference.





# Take Action To Control Your Cholesterol (continued)

## Try These Simple Changes:

### When Shopping

1. Buy fat-free or low-fat (1%) milk, cheese, or low-fat products. Choose lean cuts of beef and lean ground beef.
2. Buy canola or sunflower oil instead of lard or shortening for cooking.
3. Use the food label to help you choose foods lower in saturated fat.

### When Cooking

1. Trim the fat from meat, and remove the skin from chicken and turkey before cooking.
2. Use vegetable oil on baking pans and skillets instead of butter or other types of grease.
3. Cook ground meat thoroughly, then drain the fat off into a cup (not down the sink). Throw the fat in the garbage when cool.
4. Cool soups or stews and skim off the layer of fat that rises to the top.

### When Eating

1. Use fat-free or low-fat salad dressing, mayonnaise, or sour cream.
2. Choose fruits and vegetables instead of high-fat foods like chips or fries.

Pam has learned that foods high in saturated fat increase her cholesterol level. So she improved her favorite cobbler recipe by using soft tub margarine and fat-free milk. Now the cobbler is lower in saturated fat and still tastes great.



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

#### Breakfast

Use fat-free or low-fat milk with your oatmeal.

#### Lunch

Use leftover roasted turkey with lettuce, tomato, and mustard to make a delicious sandwich. Have carrot sticks with low-fat dip instead of chips.

#### Dinner

Steam fish with allspice, garlic powder, cayenne pepper, lemon, and tomatoes. Serve with a side salad and a small portion of brown rice.

#### Snack

Have apple slices sprinkled with cinnamon instead of high-fat chips or pork skins.

**Your health and your family's health are priceless. Make an investment!**

**Write the changes you'll try to make this week:**

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