Control your high cholesterol and triglycerides

Learning for Life

Be tested at least every 5 years.

- Know your total cholesterol, HDL and LDL-cholesterol and triglycerides.
- Lose 10-20 pounds if overweight.
- Do at least 30-60 minutes of physical activity 5 or more days per week.
- Eat less saturated and trans fat and cholesterol.
- Consume less sugar and refined carbohydrate.

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Contact your local office at

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Total cholesterol— less than 200
LDL– under 100
HDL– over 40 for men and 50 for women
Triglycerides—under 150

Just the facts
• Cholesterol is only in animal foods.
• Alcohol will raise triglycerides.
• Exercise raises HDL-cholesterol.
• Both saturated and trans fats raise cholesterol.
• Eat fiber rich foods like vegetables, fruits and whole grains more often.
• If you are a man, keep your waist under 40 inches.
• If you are a woman, keep your waist under 35 inches.
• Take drugs if needed daily.

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