

¡Conozca su nivel de colesterol!



Learn Your
Cholesterol Number!



NATIONAL INSTITUTES OF HEALTH
NATIONAL HEART, LUNG, AND BLOOD INSTITUTE
AND OFFICE OF RESEARCH ON MINORITY HEALTH



"My blood cholesterol level was high—over 240! I thought I would have to give up taste by eating healthy foods. I soon found out that making smart food choices was easy. Food tasted good. My level dropped to a desirable number in only 6 months! And I lost weight."



—Alma Graciela González

Aim to keep your cholesterol under 200.

Your body makes all the cholesterol you need to keep you healthy. When you eat foods high in saturated fat and cholesterol, your body can make too much cholesterol. Over time, this extra cholesterol can clog your arteries. You are then at risk for having a heart attack.

All adults age 20 or older need to have their blood cholesterol checked at least once every 5 years. People with high numbers need to be tested as advised by a doctor.

Protect your health.

- ▶ Ask your doctor to do a simple test to measure how much cholesterol is in your blood. Your doctor will tell you your number.
- ▶ Learn what your number means:

1. A blood cholesterol under 200 is desirable. Good for you! Be active. Eat foods low in saturated fat and cholesterol.



2. If your number is between 200 and 239, you have a borderline-high blood cholesterol. **Be alert!** You are at risk for a heart attack. You need to be more active and make some changes in the foods you eat. Eat fewer foods high in saturated fat and cholesterol.

3. If your number is 240 and over, you have high blood cholesterol. **Danger!** You have a higher risk for a heart attack. Work with your doctor to lower it.



What type of fat raises your blood cholesterol the most?

Saturated fat raises blood cholesterol the most.

It is found mainly in foods that come from animals such as:

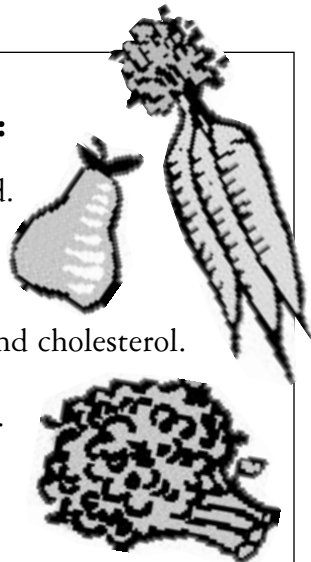
- ▶ Whole milk, butter, cream, high-fat cheeses
- ▶ Lard, pork fat, shortening
- ▶ Fatty meats such as ribs, hot dogs, sausage, pork rinds

Which foods are high in cholesterol?

- ▶ Egg yolks
- ▶ Organ meats such as liver, brain, kidney

Steps I will take for a healthy heart:

- Get my blood cholesterol level checked.
- Learn what my number means.
- Eat fewer foods high in saturated fat and cholesterol.
- Eat more fruits, vegetables, and grains.
- Stay more physically active.



**¡Mantenga su colesterol a un nivel
menos de 200!
*Más vale prevenir que lamentar.***

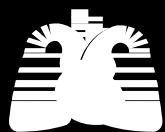


**Aim to keep your cholesterol
under 200!
An ounce of prevention
is worth a pound of cure.**



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