¡Proteja su corazón—baje su colesterol!

Protect Your Heart—Lower Your Blood Cholesterol!
Make changes today. It’s never too late!

“I knew it was time to do something to lower my high blood cholesterol. I made a few changes at a time with the foods I buy and how I prepare them. Each day I try to be active. I walk at my lunch break or jump rope with my kids. Making changes paid off. I lost two dress sizes in 3 months! And my cholesterol is slowly dropping. I feel good.”

—Pilar Crespo

Take steps to lower your risk for high blood cholesterol.

Eat heart-healthy foods.

► skim or 1% milk
► low fat frozen yogurt
► low fat or fat free cheese
► fish
► turkey and chicken without skin
► lean cuts of meat
► cereals, pasta, lentils, and beans
► corn tortillas, breads
► fruits and vegetables
Go easy on these foods.

► 2% milk
► oils and margarine
► avocados, olives, and coconuts
► nuts

Cut back on these foods.

► whole milk
► creams and ice creams
► high-fat cheeses
► butter
► fatty cuts of meat and refried pork
► sausages, hot dogs, bologna
► liver, kidneys, and other organ meats
► egg yolks
► lard, coconut, palm, or palm kernel oil
Be physically active every day.

Choose activities that you and your family can enjoy.

- walk
- do aerobics
- garden
- dance
- play sports
- jump rope with your kids

Aim for a healthy weight. Take steps to lose weight if you are overweight.

Try losing weight slowly.

- Cut back on foods high in fats and calories.
- Eat smaller portions.
- Eat fruits and vegetables for snacks.
- Bake, broil, or boil your foods.
- Be active every day.
¡Tome acción para bajar su colesterol en la sangre!

*Más vale prevenir que lamentar.*

Take steps to lower your blood cholesterol!
An ounce of prevention is worth a pound of cure.

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