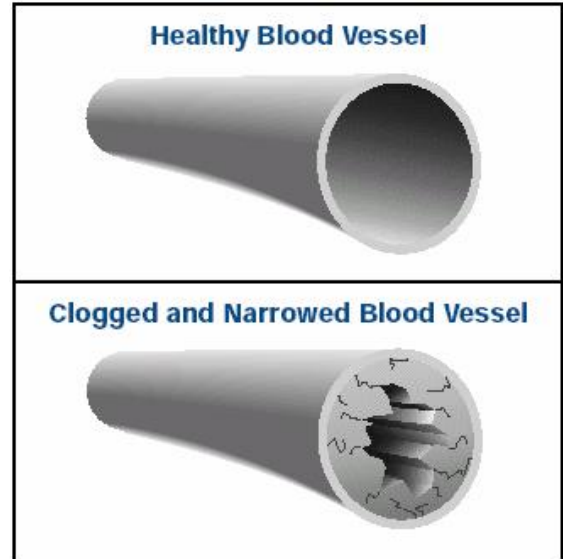


Too much cholesterol can clog your blood vessels. This can cause heart attacks and strokes. You should check your Cholesterol at least once a year.

A Cholesterol blood test

has four parts: Your number should be

1. Total Cholesterol: **Less than 200**
2. LDL Cholesterol: **Less than 100**
(Bad Cholesterol)
3. Triglycerides: **Less than 200**
(like bacon grease)
4. HDL Cholesterol: **More than 45**
(Good Cholesterol)



**For health blood vessels
 Keep your LDL less than 100**

My LDL is:

Nutrition Facts	
Serving Size ¼ cup (55g)	
Servings Per Container 5	
Amount Per Serving	
Calories 250	Calories from Fat 50
%	
	% Daily Value*
Total Fat 6g	12%
Saturated Fat 0.5g	10%
Cholesterol <5mg	<10%
Sodium 200mg	40%
Total Carbohydrate 40g	80%
Dietary Fiber 4g	8%
Sugars 18g	36%
Protein 9g	18%
Vitamin A 25% • Vitamin C 50% • Calcium 30% • Iron 25%	
*Percent Daily Values based on a 2,000 Calorie diet.	

To lower my Cholesterol I will:

- Lose weight
- Walk for 20 minutes on most days
- Eat a low fat diet
- read labels and don't eat foods with more than 20 grams of fat per serving
- Eat more fruits and vegetables
- Avoid fried foods, desserts, and oils
- Take medicine if I can't get my LDL less than 100

Medicines to lower cholesterol:

- Statin drugs (Lipitor, Zocor, Pravechol, Lescol) are used to lower cholesterol
- Take these in the evening at supper or bedtime
- These can make your muscles ache
- Do cholesterol blood tests every four months if you take these medicines

