



## My Family Plan To Lower Blood Cholesterol Levels

Check the steps you plan to take to lower your blood cholesterol and keep it low. Start with a few changes and add more over time.

- Get my cholesterol level checked.
- Talk to my doctor about what my cholesterol numbers mean.
- Read food labels to choose foods lower in saturated fats, *trans* fats, cholesterol, and calories.
- Bake, broil, or grill foods instead of frying.
- Eat more fruits, vegetables, and whole grains.
- Drink water or sugar-free beverages instead of regular soda.
- Maintain a healthy weight. Lose weight if I am overweight.
- Do 30 to 60 minutes of moderate physical activity on most days.

