






How to... Manage your Cholesterol

There are healthy and unhealthy kinds of cholesterol in your body.

High-density lipoprotein (HDL) is “good” cholesterol. This type lowers your risk of heart disease. 

Low-density lipoprotein (LDL) is “bad” cholesterol. The more LDL you have in your blood, the higher your risk of heart disease. **Triglycerides** are another type of fat in your blood. People with diabetes and those who are at risk of diabetes tend to have high triglycerides. 

Know Your Numbers!	My Goal
 HDL =	HDL =
 LDL =	LDL =
 Triglycerides =	Triglycerides =

You can make changes to your lifestyle that lower LDL and triglycerides while raising your HDL level. But how?

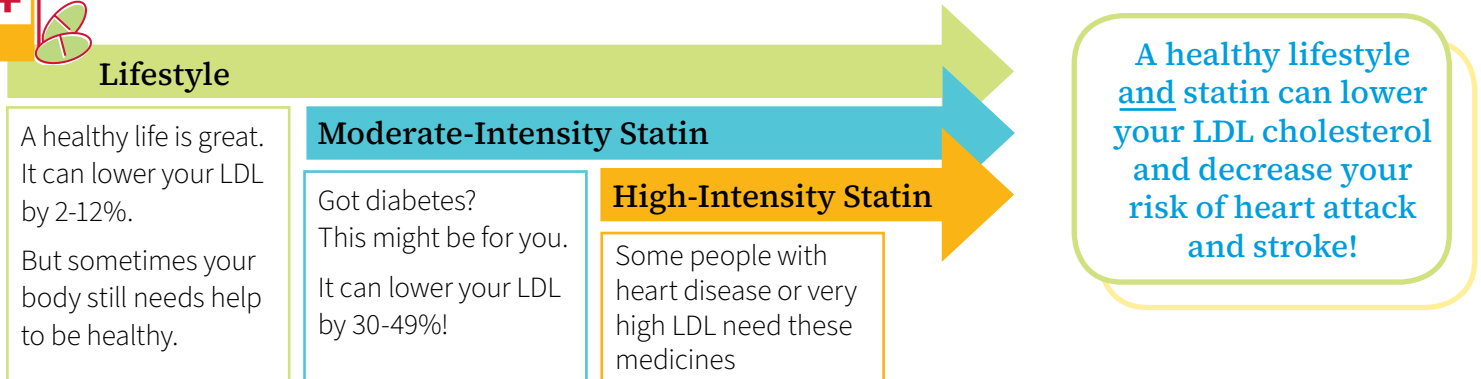
Ways to improve my cholesterol:



- Take your medication as directed!
 - » Your body makes a lot of cholesterol that is not from food, so medicine is very important!
 - » If cholesterol medicine makes your muscles hurt, talk with your doctor about a different medicine.
- Eat a healthy diet of vegetables, fruits, whole grains, beans, nuts, plant-based proteins, and fish.
- Limit chips, cookies, lunch meats, and other processed foods. They can be high in fat, sugar, and salt.
- Move it! Getting active helps. Try for 30 minutes a day, 5 days a week.
 - » Getting active could be: walking, gardening, hiking or swimming.
- No smoking or vaping - it lowers your good “HDL” cholesterol.



A **statin** is a kind of medicine that lowers LDL cholesterol.



Materials adapted from the Million Hearts initiative.