



**His Branches
Health Services**

Cut Down Your Cholesterol

Your body makes cholesterol, but you can have too much if you eat the wrong kinds of foods. High levels of cholesterol can build up in your blood vessels and cause heart disease. It is important to reduce some of the fats in your diet to help keep your cholesterol levels low.

Eat Less



- Fried foods
- Meat skins or poultry skin
- High fat cuts of meat, organ meats
- Breakfast meats: fatback, bacon, sausage
- Cream, whole milk, cheese, butter
- Fast foods
- Chips, cookies, cakes



Eat More



- Fruit and vegetables
- High fiber whole grains
- Beans, peas
- Whole wheat products
- Margarine in a tub
- Olive oil or canola oil
- Foods with plant sterols such as Promise, Activ yogurt or soy foods



Things You Can Do

- Exercise 30 minutes a day
- Quit smoking
- Cut back on fried foods and high fat foods
- Eat more high fiber foods
- Lose weight

