

# Good for the Neighborhood

Supported by the INDEPENDENT HEALTH FOUNDATION

## Lower Your Cholesterol

Did you know that high cholesterol increases your risk for heart disease and heart attacks? There are many simple steps you can take to try and keep a healthy cholesterol level, and lower your risk of heart complications.

1.

### CUT BACK ON “BAD” FATS

Try to cut back on foods that are high in saturated fat (or “bad” fats), such as cheeses and processed meats. Try swapping butter for olive oil or grape seed oil while cooking.



2.

### EAT MORE NUTS

Adding more nuts into your diet has shown to lower cholesterol levels. Walnuts and almonds have shown to be very beneficial.

3.

### EXERCISE OFTEN

The best thing you can do is to get moving. Whether it’s a family soccer game, or morning power-walks – even simple exercise can help lower your cholesterol level.



4.



### EAT MORE FIBER

Try eating more fruits and vegetables. These foods have fiber that lowers your cholesterol. You can also eat more beans, oats and barley, as these foods are high in soluble fiber.

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