

**For Your health:
CHOLESTEROL**

Exercise

Thirty minutes of aerobic exercise three or four times a week may be all you need to raise the level of beneficial HDL in your bloodstream. Working out also helps control weight, lower blood pressure, and reduces stress.

Suggestions:

Brisk walking, running, swimming, cycling, dancing, jumping rope, skating, aerobics.

Change the fat content of your meals

Following a low fat, low-cholesterol diet can usually reduce your blood cholesterol by about 10 to 15 percent, thus lowering your risk of heart disease by 20 to 30 percent. Individual results will vary, depending on genetic makeup and former eating habits.

REDUCE SATURATED FAT, which raises the level of harmful LDL cholesterol in your blood (*butter, whole milk, cheese, ice cream, red meat, palm oil, kernel oil, coconut oil, hydrogenated soybean and cottonseed oils*).

- Cut out meat products high in fat (*hamburger, bacon, and sausage*).
- Read labels carefully, and beware of foods that contain large amounts of hydrogenated vegetable oils, cocoa butter,
- coconut and palm oils, beef fat, or lard.
- Remove the skin from poultry, trim the fat around meat, and use lean beef, pork, or veal.
- Prepare at least one meatless meal a week.
- Snack on pretzels, air-popped popcorn, and fruit instead of candy, nuts, and chips.
- Drink skim or low-fat milk, and be aware that cream substitutes are made with tropical oils.
- Eat low-fat cheese, such as part-skim mozzarella.

REDUCE CHOLESTEROL

(*Eggs, meats, butter, whole milk*).

- Cook with egg whites instead of whole eggs.
- Avoid commercially cakes, and pies.
- Limit portion sizes of lean meat, fish, and poultry to no more than six ounces a day, or about the size of two decks of cards. Eliminate organ meats (*liver, brain, and kidney*) from your diet.
- Eat more water-soluble fiber, such as oat bran, legumes, and fruit, which may help lower cholesterol levels when made part of a low-fat, low-cholesterol diet.

EAT UNSATURATED FATS.

Polyunsaturates lower your total blood cholesterol level both LDL and HDL (*corn oil, sunflower seed oil, safflower oil*). Monounsaturates lower LDL levels but leave the beneficial HDL intact (*olive oil, canola oil*).

- Cook and bake with vegetable oils such as canola, sunflower, corn, soybean, and olive.
- Make your own salad dressing.
- Use soft margarine.

Kind of fat	% Saturated	%Poly	% Mono
Canola oil	6	32	62
Safflower oil	10	77	13
Sunflower oil	11	69	20
Corn oil	13	62	25
Olive oil	14	9	77
Soybean oil	15	61	24
Margarine (tub)	17	34	24
Peanut oil	18	33	49
Cottonseed oil	27	54	19
Chicken fat	31	22	47
Lard	41	12	47
Beef fat	52	4	44
Palm kernel oil	81	2	11
Coconut oil	92	2	6