



Favor foods from **plants** (fruits, vegetables, grains, nuts and seeds), which do not contain cholesterol.



Buy **low-fat** or **fat-free dairy** products when grocery shopping.

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## HEALTHY TOP TEN

Set aside a half-hour for **physical activity** most days of the week.

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When **eating out**, avoid fried, au gratin, crispy, pan-fried, sautéed or stuffed. Look for grilled, poached, steamed or roasted.

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# Keeping Cholesterol in Check

**Count cholesterol** using food labels; stay within 300 mg daily or 200 mg if you have heart disease.

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Compare **food labels** for low cholesterol, low saturated and total fat, and zero trans fat per serving.

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Keep each meat serving to the size of a deck of cards, and fill up on **healthier side dishes** such as salad, brown rice and vegetables.

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Get a complete **profile** of your total cholesterol, LDL and HDL cholesterol, and triglyceride numbers.

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**Pass up** snacks that list **partially hydrogenated oils** in the ingredients.

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Keep total lean meat, poultry and fish to no more than **6 ounces** per day.

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