

Cholesterol

What is cholesterol?

This number refers to a type of fat in your blood, produced by the liver. But this fat may also come from some of the animal-based foods you eat. High cholesterol occurs when there is too much of this fat.

High cholesterol is a leading cause of heart attack and stroke. That's why it's important to know this number.

So, visit your doctor and get a quick test at least every five years, starting at age 20. Get checked more often if your doctor says you should. It's important to know your number.

A normal cholesterol level is below 200.

Tips to lower your cholesterol number and reduce your risk:

- Limit your fatty food intake
- Instead of frying food in oil, try baking, grilling or broiling
- Add fiber: try adding beans, broccoli, apples, or even popcorn to your diet
- Limit your servings of red meat. Swap a serving with fish each week
- Fill your plate with fruits and veggies
- Reduce the number of eggs you eat
- Get the right amount of exercise: at least thirty minutes, three times a week

Talk with your healthcare provider to find out your cholesterol number and get in control. Together, you can make a plan that is right for you.

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